



**From Idol stage to court**

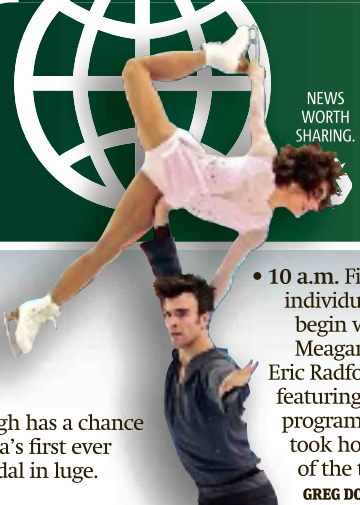
Former Canadian Idol contestant pleads not guilty to terrorism charge **PAGE 2**

**Locals killed in Mexico**

Ottawa couple slain in apparent robbery, officials in Mexico say **PAGE 4**

**WHAT TO WATCH IN SOCHI**

• **9:30 a.m.** Alex Gough has a chance to bring home Canada's first ever Winter Olympics medal in luge.



• **10 a.m.** Figure skating's individual events begin with Canada's Meagan Duhamel and Eric Radford, seen here, featuring in the short program. The pair already took home silver as part of the team event.

**GREG DOWNS/FOR METRO**

**NO NICKELBACK GUARANTEE**

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**THREE-MEDAL DAY FOR CANADA**

From left, Canada's Mikaël Kingsbury and Alex Bilodeau celebrate after Bilodeau won gold in moguls and Kingsbury won silver. At right, Canada's Charles Hamelin won the gold medal in men's 1,500-metres short-track speedskating. Coverage, pages 24-26. ANDY WONG/THE ASSOCIATED PRESS, MORRY GASH/THE ASSOCIATED PRESS

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# Conspiracy charge too vague: Defence

**Khurram Syed Sher.**

Former Canadian Idol contestant pleads not guilty to terrorism charge



JOE LOFARO

joe.lofaro@metronews.ca

An Ontario doctor and former Canadian Idol contestant pleaded not guilty in an Ottawa courtroom Monday to a terrorism charge.

Khurram Syed Sher was nabbed by police three years ago at a time when authorities said it was essential to prevent money from being sent to buy weapons to use against coalition forces in Afghanistan.

The 31-year-old McGill University graduate is accused of conspiring to facilitate terrorist activity between Feb. 1 and Aug. 25, 2010. The alleged plot involved two other co-conspirators.

Now, the London, Ont.-based pathology doctor is out on bail facing allegations he was connected to a terrorist plot.

He remained silent as he left the courthouse Monday flanked by his lawyers Michael Edelson and Giuseppe Cipriano. Edelson said "no comment" to the horde of reporters that followed them outside.

Sher's arrest came after a lengthy investigation that involved law enforcement agencies around the world.

Police claimed the alleged plot stretched from Ottawa to Afghanistan, Iran and Pakistan.



Khurram Syed Sher is seen outside the Ottawa Courthouse Monday. JOE LOFARO/METRO

## 'Complicated'

In 2008, Sher danced and sang to Avril Lavigne's "Complicated" during a televised audition for Canadian Idol. He told a panel of judges he came to Canada from Pakistan in 2005 and that he liked hockey, music

and acting.

- In fact, Sher was actually born in Montreal and doesn't really speak with the fake Pakistani accent that he adopted in the television audition.

Crown prosecutor Jason Wakely said Monday he has large volumes of evidence to prove he has a case against the dancing doctor, including 96 audio wiretap recordings, 24 Internet intercepts and 33 Yahoo! emails.

He was expected to open his case Monday, but Cipriano spent most of the morning arguing the nature and timing of the alleged conspiracy is unclear and requested an "order of particulars."

Cipriano agreed there was

a pre-existing conspiracy, but argued the indictment, as written, is unclear as to precisely what Sher is alleged to have done that would make him criminally liable.

The Crown disagrees with that assessment. Wakely said some 200,000 pages of disclosure, "has all been whittled down to a very digestible and readily available case."

"There is no confusion. There is no uncertainty here of the transaction. (Sher) knows our evidence."

Ontario Court Justice Charles Hackland will rule on the matter Tuesday before the Crown formally opens its case.

WITH FILES FROM THE CANADIAN PRESS



RCMP investigators remove evidence boxes documents alleged was a terrorism plot that



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from a home in London, Ont., on Aug. 26, 2010. Police would charge Khurram Syed Sher in what they and court ranged from Canada to Iran, Afghanistan and Pakistan. DAVE CHIDLEY/THE CANADIAN PRESS

# Long-time councillor exits political game

Longtime Ottawa City Councillor Doug Thompson, who has represented the Osgoode Ward for more than 30 years, has announced he will not be seeking re-election in the upcoming October election.

The decision comes after a long discussion with family and friends on whether or not the former mayor of Osgoode Township Council would run again.

He's decided against it.

"While the outpouring of support has been very flattering, I believe in my heart it is the right time for change," he wrote in an email.

Although he is retiring from politics, Thompson says he will remain to work

## Accomplishments

Thompson listed a series of accomplishments in the news release announcing his decision. Among the milestones he listed:

- Well managed and equipped libraries and arenas
- Flourishing youth

programs, such as the Osgoode Youth Association

- Establishing an office for seniors program Rural Ottawa South Support Services at the former Metcalfe Town Hall as well as locating services for new parents and their children in the former municipal building

in the ward.

"Our Community will always be a part of my life," he wrote.

The Osgoode Ward already has four candidates

registered for the upcoming election including Justin Campbell, Bruce Faulkner, Kim Sheldrick, Jean Johnston-McKitterick.

TREVOR GREENWAY/METRO



## New venue for electronic music festival

A DJ thrills fans at the 2012 Escapade Music Festival, held at the Ottawa Stadium. While last year's event was held at the RA Centre, this year the festival is on the move once more. Organizers announced Monday Escapade will be staged at Wesley Clover Park, formerly the Nepean National Equestrian Park. "This venue is situated just off highway 417 and sits on 35 acres of grassy land that will allow us to give EMF a true festival feel!" wrote DNA Presents on its Facebook page. The fifth edition of the electronic music festival will be held June 28 to July 1, 2014. CONTRIBUTED

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## Mexico. Ottawa couple slain in robbery: CTV

Officials in Mexico say a Canadian couple was killed in an apparent robbery at their lakeside home in a popular retirement spot for U.S. and Canadian citizens.

CTV reported Monday night that friends had confirmed the victims were Nina Discombe and her partner Ed Kular.

Chapala city spokesman Roberto Arroyo said Monday the couple was found by their gardener in a pool of blood in the living room of the house where they'd lived for at least six months.

Arroyo said robbery is the main motive behind the Sunday attack on the pair, both aged around mid-70s. Some belongings were stolen, including a TV and an SUV.

While Arroyo did not iden-



Nina Discombe FACEBOOK.COM

tify the couple he said the male victim was beaten on the head with a small statue and the woman was stabbed in the stomach with a kitchen knife.

METRO

WITH FILES FROM THE ASSOCIATED PRESS

## Canadian Forces. Sgt. jailed for 'horrific' child porn collection

A Canadian Forces sergeant who was in possession of thousands of "very horrific" child porn images was sentenced to two years behind bars in an Ottawa courtroom Monday morning.

Greg Kusec, 44, pleaded guilty last year to the charges, which include possessing, accessing, distributing, and advertising child pornography.

He was also sentenced to the maximum of three years of probation and is now prohibited from accessing the Internet, owning a computer, and being in a position of trust with a person under the age of 16.

Ottawa police arrested Kusec in February 2012 and seized a number of electronic devices during a search warrant.

Ontario Court Justice Lynn Ratushny told the court the disturbing collection contained images of body parts and dead women and children.

His lawyer, Ewan Lyttle, said his client was diagnosed with pedophilia and sexual sadism and told the court the offences, "were the product of an illness."

Prior to the charges, Kusec had five military deployments under his belt and trained a special task force bound for Afghanistan, his lawyer said.

The 44-year-old, who assumed the rank of sergeant in 2009, will also be listed on the sex offender registry. The court also issued a 10-year ban on attending public parks and a victim fine surcharge of \$500.

JOE LOFARO/METRO



DNA samples from clients of Misty River Introductions are bundled off to a Toronto biotech firm for testing. The results help the matchmaking firm line up suitors with different immune systems — a key indicator apparently of physical attraction. CONTRIBUTED

# DNA matches made in heaven?

**Does this turn you on? Maybe it should.** Ottawa matchmaker uses DNA testing to find suitors with best 'chemistry'



TREVOR GREENWAY  
trevor.greenway@metronews.ca

Hey there, nice immune system. Wanna date?

Prospective daters might not be using that pick up line while seeking the perfect mate, but an Ottawa matchmaker is.

Misty River Introductions has teamed up with Toronto biotechnology firm Instant Chemistry to start matching couples based on DNA. More specifically, the romance firm is pairing up people who have different immune systems, as Misty River owner Linda Miller says "studies have shown that people are more likely to choose somebody with a more different immune system than their own."

It's basic science, says Miller, who has been matching couples for the past 20 years.

"You are more physically attractive to someone with a different immune system,"

she said, although she adds, looks are almost everything.

"When you think about it, physical attraction is huge and so you may want to punch somebody, but if he is still cute, you go, 'ok, so he drives me mad, but he is really pretty to look at,' so it makes sense."

Clients submit a cheek swab to Misty River and the tests go back to Queen's University for analyzing. In the meantime, Miller does her work — matching up couples based on socio-economic backgrounds, religion, interests, age and when she has a list of potential matches, she will then apply the DNA tests

to see which people would be most physically attracted.

"It's evolution," she says, adding that her matchmaking firm currently has 5,000 active Ottawa members. Miller says daters have an average success rate of 75 per cent when they come to see her. It's an alternative to online dating, which she says is "exhausting" daters.

"Everybody has the same commonality: they all want to spend their life with somebody and they all want that special connection," she says.

"The sky is bluer, everything is just better with somebody that you really connect with."

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# NBL on 'standby' to bail out SkyHawks

**Tough year.** Team looking to secure more sponsors over summer, find more accessible venue for games



**TREVOR GREENWAY**  
trevor.greenway@metronews.ca

The National Basketball League of Canada is on "standby" to bail out the Ottawa SkyHawks next year if the team runs out of cash, but the organization is doing everything it can to draw more fans to games, especially with playoffs just around the corner, say team officials.

"If we are tight, because it has been a tough year, there is no doubt, maybe they would, if anything, advance us some sponsorship that they have for next year, but there is no loan," said SkyHawk vice-president of business operations Paula Deek.

"We are OK for now. It's next year that we are more worried about if we don't get good sponsors in place over the summer."

The NBL did not respond to a request for comment.

The team is looking for a new venue so fans won't have to drive all the way out to the Canadian Tire Centre in Kanata for games and hope to create a

buzz around the city when they make a run for the championship next month, said Deek. The CTC is not an easy venue to get to, especially for high-schoolers wanting to attend. The SkyHawks are hoping to play a few playoff games at Carleton University as well as other more central venues to draw in more fans, said Deek.

"Bring it closer to the community and give those people that haven't been able to make it all the way out to the Canadian Tire Centre a chance to see us up close and personal," added Deek.

The SkyHawks had a few decent outings this season, drawing as many as 2,500 fans during a Sunday game last December, but numbers dropped in the new year and it was tough to get 1,000 out for a game.

If they can't secure a new venue for playoffs, it will be a number one priority next season, said team owner Gus Takkale.

"The Canadian Tire Centre is far and it's slightly expensive," he told Metro. "And moving forward for next year, we want to make sure that we have something that is more convenient and more suited for our fan base."

The SkyHawks are currently in sixth place in the NBL standings with just seven games remaining before playoffs.



Ottawa SkyHawks' Mike Rose sinks an underhand lay-up during an NBL Canada basketball game at the Canadian Tire Centre on Dec. 4, 2013.  
MIKE CARROCCETTO/FOR METRO

## Arkells to headline a night of Dragon Boat Festival

The lineup for the Ottawa Dragon Boat Festival keeps getting better and better with rockers Arkells now headlining the Saturday night on June 21.

Artistic director Antony Cooper made the announcement Monday night and although the festival is months away, excitement is building.

"It's great," Cooper told Metro. The Hamilton-based Arkells won a Juno for Group of the Year in 2012 and have a new album on the way later this year.

"We are obviously excited to be able to make this announcement and to include them in the festivities. I think

it's going to be our best Saturday night yet."

The Saturday bill will be filled by Vancouver's Hey Ocean! and local talent Amos the Transparent, and Northcote — the solo project for Saskatchewan boy Matt Goud.

"He started out in Saskatchewan and has slowly migrated this way and now he is based out of the nation's capital, which is pretty cool," added Cooper.

The festival is shaping up to be a solid music outing with Saskatchewan-based rockers The Sheepdogs headlining Friday night of the fest. The three-time Juno winners, who

landed on the cover of Rolling Stone Magazine in 2011, will be joined by Cuff the Duke and Harlan Pepper on June 20.

There is also still one full day of music to be announced, expected soon.

"And the best part is that it's free," said Cooper.

"Come on down to the beach, come on down to the park and enjoy all the fun festivities."

The Ottawa Dragon Boat Festival features dragon boat races on the water, children's events, exhibitors and a whole lot of free music. The fest runs June 19-22 at Mooney's Bay Park. **TREVOR GREENWAY/METRO**



Hamilton rockers Arkells will headline Saturday night of the fest June 21.  
ANDREW VAUGHAN/ THE CANADIAN PRESS



# Harry Potter parody to apparate into Ottawa for NAC debut

**The boy who lived, on stage.** Award-winning play includes a live game of Quidditch with audience members

**JOE LOFARO**  
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After making their debut North American stop in Toronto two years ago, the U.K. duo behind a popular theatrical Harry Potter parody is on another Canadian tour this year with a stop in Ottawa at the National Arts Centre next month.

Former BBC TV hosts Jefferson Turner and Dan Clarkson re-enact portions of all seven books from the Harry Potter series in 70 minutes in Potted Potter: The Unauthorized Harry Experience — A Parody by Dan and Jeff.

The 2012 Olivier Award-winning play includes props, jokes, and even a live game of Quidditch.

"It's basically Harry Potter being retold by idiots," explained Turner in a telephone interview from the U.K. Friday.

Turner plays the protagonist boy wizard while

## Twist on a beloved tale

**"It's basically Harry Potter being retold by idiots."**

Former BBC TV host Jefferson Turner, one-half of the duo behind Potted Potter: The Unauthorized Harry Experience — A Parody by Dan and Jeff

Clarkson portrays hundreds of other notable characters from the series on stage, he said. The smash hit has been given a thumbs-up by the New York Times and the Toronto Star.

"We have a live game of Quidditch halfway through the show and that is something that really needs to be seen to be believed," said Turner. "It's the only place in the world you can come up to a theatre and join in a game of Quidditch."

The audience doesn't have to know all seven books inside and out either to enjoy the show, and it's a family-friendly performance so parents can bring their kids.

"To make an eight-year-old boy and his dad laugh at the same joke, you kind of think you're doing something right," he added.

Potted Potter comes to Ottawa at the NAC from March 10 to 13. For more information, visit [ticketmaster.ca](http://ticketmaster.ca).



Jefferson Turner, left, and Dan Clarkson of the play Potted Potter: The Unauthorized Harry Experience — A Parody by Dan and Jeff, will perform in Ottawa from March 10-13. CONTRIBUTED

## It's a girl!

### Lanark County cop delivers baby in station parking lot

A Lanark County police officer spent her Saturday morning helping a couple deliver a baby girl in the parking lot of her detachment's police station.

Ten-year veteran Const. Lori Lobinowich delivered the baby girl around 6:30 a.m. as a man and a woman in labour were waiting for an ambulance to meet them at the police station parking lot.

With the ambulance more than 30 minutes away, Lobinowich was forced to catch the baby in the couple's vehicle in the parking lot. After the birth, the mom and baby were moved inside, as it was -15 C outside.

The mom and baby girl

were transported to hospital in Perth, where they are said to be doing well.

Mom and baby should be returning home within the next couple of days.

TREVOR GREENWAY/METRO

## Pre-season action

### Redblacks' first home game will be in Regina

The Ottawa Redblacks' first home exhibition game in the CFL will happen a little further from home than usual, but there will be a element of the familiar to it — the Roughriders.

The team announced Monday they'll face off against the Saskatchewan Roughriders June 14. The game is the Redblacks' "home" pre-season game and the "visiting"

Roughriders have agreed to host it while Ottawa's TD Place stadium undergoes its final fit-up for the regular-season home opener in July.

"What better place to open a new CFL era than in the city with the most vibrant fans in the CFL," said Jeff Hunt, president of OSEG Sports in a news release.

"Since we're the home team, I was promised by Riders president and CEO Jim Hopson that the crowd will be cheering for the Redblacks and I fully expect that will be the case," Hunt joked. METRO



An artist's rendering of a completed TD Place Stadium. CONTRIBUTED

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# Russian icon a hero to one Canadian



Vladislav Tretiak, centre, visits Michael Hunter, left, and his mother, Julie Hunter, at a Moscow hospital in 1987. The Russian hockey hero helped boost the Canadian's spirits after Hunter fell seriously ill during a school field trip to the former Soviet Union. COURTESY MICHAEL HUNTER

**Vladislav Tretiak.** In 1987, Michael Hunter ended up in a hospital during a school trip to Russia — and then got an unexpected visitor



**FERNANDO CARNEIRO**  
Metro in Toronto

When Vladislav Tretiak lit the Olympic Cauldron at Friday's Opening Ceremony in Sochi, one Toronto-area man beamed as bright as the flame.

Michael Hunter, a 41-year-old insurance agent living in Bolton, was visited by the Russian hockey great while in a Moscow hospital 27 years ago.

In 1987, Hunter took part in a school field trip to the Soviet Union. His Crohn's disease — a serious bowel condition — flared up during the flight.

While the roughly 60 other children from Notre Dame Secondary in Bramp-

ton, Ont., and one other school spent 10 days touring Moscow and St. Petersburg, Hunter spent two weeks in the hospital.

"Did I see much of Russia? No, I saw the intersection across from the hospital," Hunter said. "I was numb after the surgery and didn't have a lot of life in me. I didn't know what was happening because no one spoke English."

Fortunately, Hunter's mother, Julie Hunter, was a chaperone on the trip. She was invited for dinner by the Canadian ambassador in Moscow, and when it was mentioned that Hunter was a former hockey goalie, the ambassador said that Tretiak was in town, and offered to invite him to visit the hospital.

"When word got out that Tretiak was coming in, I had reason to get up and something to get excited about," Hunter said. "And it wasn't just me: The entire wing of the hospital was excited. They started asking why this national hero was coming

## Star goalie

- Vladislav Tretiak is considered to be one of the greatest goaltenders in the history of hockey.
- He became internationally famous after his performance in the Summit Series against Canada in 1972.
- While he attracted the attention of many NHL teams, it was Montreal that ultimately drafted him in 1983. The Soviet government blocked that move.



Vladislav Tretiak approaches the Olympic cauldron during Friday's opening ceremony in Sochi.

MATT SLOCUM/THE ASSOCIATED PRESS

in to see this sick Canadian guy."

Tretiak arrived with a bouquet of flowers for Hunter's mother and goaltending manuals that he had written for Hunter — all in Russian, of course.

"He stayed for half an hour or so, and we took some pictures. I was very impressed with him. He's a very big guy

and friendly," Hunter said. "I was so thankful that he went out of his way to come see me. I think that he speeded up my recovery time."

Hunter said Tretiak was a good choice to be one of the two people chosen to light the Flame.

"He's a national icon," he said. "You could tell from the reaction of the nurses."

# On gay rights, IOC 'gets it': Vancouver councillor

An openly gay city councillor sent as Vancouver's envoy to the 2014 Winter Games was rebuffed by the mayor of Sochi and failed to get a face-to-face meeting with the president of the International Olympic Committee.

But Tim Stevenson said he

did meet with two high-ranking officials in IOC president Thomas Bach's office and he returned to Canada confident the committee "gets it."

"Absolutely, on sexual orientation, they've heard the message loud and clear," Stevenson said Monday. "I have

no doubt in my mind that there's going to be a new direction."

Vancouver city councillors voted unanimously to send Stevenson, the deputy mayor and a longtime activist, to Russia to press for recognition of gay rights after the Olympic host

country passed a law last year banning "propaganda of non-traditional sexual relations." The Russian law includes fines for anyone involved in gay rights protests.

Sochi refused to host a "pride house," an LGBT-friendly venue introduced at the

2010 Olympics in Vancouver, and Sochi's mayor stunned the world last month by declaring there were no gay people in his city.

Stevenson said that while he couldn't meet with the IOC president, he had a lengthy meeting with Bach's chief of

staff and his director of communications. They told him the IOC will likely discuss sexual orientation as it conducts a sweeping review of the Olympic committee's anti-discrimination policy, which was previously launched by Bach.

THE CANADIAN PRESS

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The ideal individual will have the ability to exercise good judgment in a variety of situations, with strong written and verbal communication, administrative, and organizational skills, and the ability to maintain a realistic balance among multiple priorities. The Executive Assistant will have the ability to work independently on projects, from conception to completion, and must be able to work under pressure at times to handle a wide variety of activities and confidential matters with discretion.

**Desired Skills & Experience**

Bachelor of Business Administration degree preferred. Minimum 5 yrs. experience in an Executive Assistant role supporting C-level Executives. Expert level written and verbal communication skills are essential, as well as a knowledge base in the proper use of both English and French languages — grammar, punctuation, spelling, and style for documentation. Extensive MS Office software skills required. Emotional maturity. Demonstrated ability to achieve high performance goals and meet deadlines in a fast paced environment. Forward looking thinker, who actively seeks opportunities and proposes solutions.

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# Ontario politicians agree to raise rainbow flag at legislature

Mayor Rob Ford may want to take down the rainbow flag at Toronto's city hall, but just up the street, provincial politicians are ready to raise the flag at the Ontario legislature for the remainder of the Olympic Games.

The rainbow flag — a long-standing symbol of lesbian, gay, bisexual and transgender rights and pride — has been raised at various city halls and municipal buildings across Canada in a sign of solidarity after Russia passed an anti-gay law.

Mayor Ford said last week that he wanted the flag taken down because the Olympics "is not about someone's sexual prefer-



The rainbow flag flies alongside the Olympic flag over Montreal City Hall Friday. GRAHAM HUGHES/THE CANADIAN PRESS

ence."

But at Queen's Park, party house leaders for the Liberals, Progressive Conservatives and New Democrats have agreed to ask the Speaker for permission to raise the rainbow flag at the

legislature.

Premier Kathleen Wynne says Ontario's strength is its multicultural society, and the Olympics are an opportunity "to demonstrate our tolerance, diversity and respect human rights on an international stage."

Wynne's office says she does not support intolerance of any group regardless of their faith or identity, and she rejects the Russian government's discriminatory laws.

The Ontario legislature isn't sitting right now, so it may take another couple of days for officials to get everything in place before the rainbow flag is raised at Queen's Park.

THE CANADIAN PRESS



## Twitter. Canadian thrust into spotlight thanks to the #problems in #Sochi

Athletes trapped in bathrooms. Hotels still under construction. Clowns wandering the streets.

Alexander Broad is doing his best to document everything wrong and weird at the Winter Games with Twitter's latest satire-of-the-moment account, @SochiProblems.

The Internet sensation, which began Tuesday, had already amassed over 331,000 followers by Sunday. Broad was hoping for at most 30.

"Never in a million years. I made it as a joke. The entire idea of this came as a joke, something to laugh at," said the Pickering, Ont., native of the unexpected spotlight.

The word giant doesn't do Broad's popularity justice — @SochiProblems has more followers than the official Sochi Games or Canadian Olympic team's accounts, and has caught the attention of U.S. media such as the Washington Post, USA Today and ABC.

That's got Broad under pressure to watch the Olympics all the time for material.

### What's your problem?

**"From there on it just kind of grew. It's sprouted into this giant thing."**

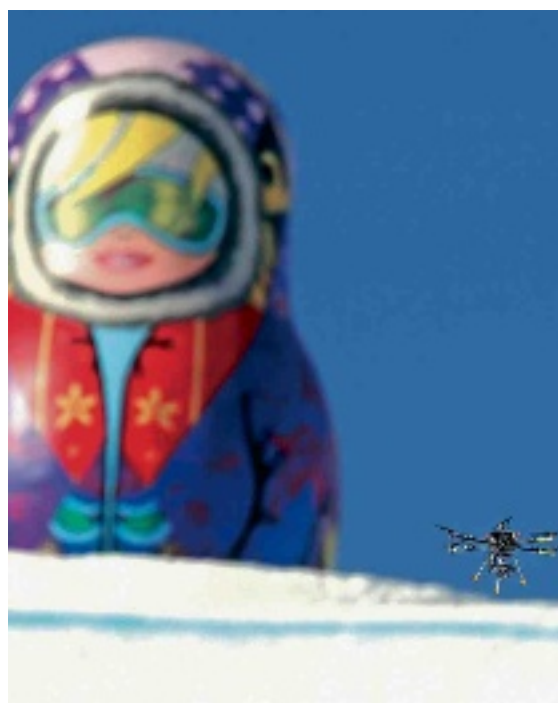
Alexander Broad, creator of @SochiProblems on Twitter, who spilled Tim Hortons coffee on himself (a uniquely Canadian problem) and then went on a search for Sochi problems.

"I think the biggest thing, I feel like it's just like I've got to stay alert to everything a lot more," he says, adding he draws the line at staying up through the night.

Now Broad is wondering if a Twitter account started as a joke should become more.

"The whole idea of this entire account was a satire," he said. "I think that's what a lot of people are calling it. I made the entire thing out of a joke, and I have tweeted things that have ... some political-ish type things."

"But a lot of the things I've tweeted there's a lot of humour in it as well. So I'm still not entirely sure." **THE CANADIAN PRESS**



## We're watching you ... ski

A drone camera flies about the slopestyle course during a freestyle skiing slopestyle training session in Sochi. Drones spotted hovering around the Olympic slopes aren't searching for terrorists or protesters, they're being used to transmit live video of snowboard and ski-jump competitions to your TV screen. Drones are increasingly common at sporting events, and these Olympic Games are the highest-profile showcase yet for their broadcasting uses. **SERGEI GRITS/THE ASSOCIATED PRESS**

## IOC. Athletes told they can't honour dead friends while competing in events

IOC is telling Olympic athletes they may not wear armbands or stickers during competition to commemorate the dead.

The Olympic body said Monday it sent a letter to Norwegian Olympic officials after four female cross-country skiers wore black armbands in memory of an athlete's brother, who died on the eve of the Games.

The International Olympic Committee also told freestyle skiers not to wear stickers on their helmets in tribute to Canadian halfpipe skier Sarah

Burke, who died after a crash in training two years ago.

"We would say the competitions themselves, which are a place of celebration, are probably not the right place to really do that," IOC spokesman Mark Adams said. "We would like to keep that separate."

Adams said the IOC has "huge sympathy" for Burke and is willing to help athletes remember her at news conferences or a ceremony — but not at the competition sites.

**THE ASSOCIATED PRESS**

### Punk-rock parliament?

## Pussy Riot members say they may give politics 'a try'

Two members of Russian punk band Pussy Riot say they may run for seats in this year's election for the Moscow city parlia-

ment.

Nadya Tolokonnikova, appearing alongside fellow band member Maria Alyokhina at the Berlin film festival Monday, said politics "is worth a try."

The election will most likely be held in September, although no exact date has been set.

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Canada Revenue Agency

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Canada



# Ford 'didn't want to tell the truth' about drug use

## Now showing.

'Everybody in the world has lied,' says the mayor sitting beside his brother in an online premiere

After months of insisting he had been truthful in the midst of a drug scandal, Toronto's controversial mayor has admitted he lied to the public because he was embarrassed.

Rob Ford made the admission on his own terms, in a YouTube show called Ford Nation posted online Monday.

"Did I experiment with drugs? Yes I have. Why did I lie? I think everybody in the world has lied, because I was embarrassed," Ford said, while looking directly into the camera.

"I didn't want to tell the truth. That's the only answer I can give. That's as straightforward as I can

be."

Ford's revelation came in response to a written question from Sandra from Bangkok, Thailand, who wondered why the mayor lied about his "substance abuse problem" when initially asked.

"I'm not a drug addict, I don't use drugs. Have I in the past? Yes," Ford said.

"When they ask me, it's very, very humiliating in front of the world to say yes ... People either lie to cover up, people lie because they're embarrassed, that's why I lied." Ford had been under intense scrutiny since last May, when two media outlets reported the existence of a video that they said appeared to show the mayor smoking crack cocaine. The mayor initially denied he used the drug and suggested the video did not exist, but he backtracked in November by admitting he had smoked crack cocaine, probably in one of his "drunken stupors."

THE CANADIAN PRESS



Frame grab from the first Ford Nation YouTube show featuring Rob and Doug Ford. YOUTUBE

## Coming soon

*Guess what's coming to a screen near you?*

The antics of embattled Toronto Mayor Rob Ford could soon be coming to a TV or movie screen. Blue Ice Pictures has acquired the film and television rights to the new book *Crazy Town: The Rob Ford Story*.

Published by Penguin Canada, it's written by Toronto Star reporter Robyn Doolittle, one of three journalists who viewed a video that appeared to show Ford smoking crack cocaine.

The video was one in a string of scandals involving the mayor.

The screen version of Doolittle's book will be produced by Daniel Iron and Lance Samuels.

"If you tried to make this story up, people would think it was over the top," said Doolittle.

THE CANADIAN PRESS



PM Stephen Harper and his wife, Laureen, in Dec. THE CANADIAN PRESS

## Laureen Harper to be highlighted in 2015

The federal Conservatives have plotted a road map to a 2015 election campaign that counts on a massive donor- and voter-targeting effort, a communications onslaught, and a bid to "leverage" the popularity of Laureen Harper, the prime minister's wife, according to documents obtained by the Star.

The 70-page slide show presentation to the Conservative party's national council last weekend by executive director Dimitri Soudas appears to acknowledge that Prime Minister Stephen Harper has work to do to reach out to Canadians and win their trust. Under "Tactical Plans/Strategies," it says the party

will "Connect (the) PM with people," "Leverage Mrs. Harper" and launch a "With Mrs. Harper" video series among others to put a more human face on the government and grab eyeballs in the digital age. The document was sent anonymously to Torstar News Service after the weekend meeting. TORSTAR NEWS SERVICE

## PC campaign plans leaked

The PowerPoint presentation is a blueprint of timelines and actions to be taken.

- It defines what success looks like: "Ensure we don't wake up on October

20, 2015, with Justin Trudeau as Prime Minister."

- It makes no mention whatsoever of NDP Leader Tom Mulcair.



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# Killer tiger terrorizing villagers

**India.** Big cat's 10th victim was 50-year-old man collecting firewood Sunday night in the forest

A tiger prowling near villages in northern India killed its 10th person in six weeks, a day after eluding a trap set by hunters with a live calf as bait.

The animal ate parts of the man's leg and abdomen before being scared away by villagers waving shovels and metal rods in the forest outside Kalgarh village in Uttarakhand state, according to Saket Badola, deputy director of the national park.

Hunters almost nabbed the tiger a day earlier with a bovine calf.

"On Saturday night the tigress almost fell in trap and was close to the calf," Badola said. "But she did not attack the bait and left silently."

The female tiger is believed to have strayed from



This undated photo shows a tiger at the Corbett Tiger Reserve in the northern Indian state of Uttarakhand. Forest officials said another tiger that strayed from the park killed its 10th human victim in six weeks Sunday. CORBETT TIGER RESERVE/THE ASSOCIATED PRESS FILE

Jim Corbett National Park, India's oldest national park, which was established in 1936 to provide endangered Bengal tigers with safe territory.

Reports that a killer tiger was on the loose began circulating Dec. 29, when a 65-year-old man was mauled

in Sambhal district of Uttar Pradesh state, across the border from Uttarakhand. Since then, thousands of terrified villagers have been told to watch out for the animal and to avoid the forests.

The tiger has been on the prowl across an area spanning some 130 kilometres.

"The animal has started attacking humans because it is not getting its natural prey," said Rupek De, chief wildlife warden of Uttar Pradesh.

He said the hunters hired to kill the animal were having trouble tracking it in dense forests. The team also was understaffed; only three

of the six hunters hired for the job showed up for work, De said.

On Sunday, angry villagers seized a national forestry office, demanding protection and compensation for the families of the dead.

"We can understand the predicament of the villa-

gers," Badola said. "The villagers do not have toilets in their homes. They go out in the open or forest areas to answer nature's call. In this scenario it is difficult to give protection to each and every villager. We have advised them to move in groups."

THE ASSOCIATED PRESS

## Endangered animals

India's wild tigers are considered endangered because of rampant poaching and shrinking habitat as India undergoes breakneck development to accommodate the staggering growth of its 1.2 billion people.

- India today has more than half of the 3,200 tigers estimated to be left in the wild. Despite dozens of tiger reserves across the country, however, the numbers have sunk from an estimated 5,000-7,000 in the 1990s, when the big cats' habitat was twice as large.

## N.Y.'s angry birds?

### Cockfighting bust nets 3,000 birds

New York's Attorney General Eric Schneiderman says more than 3,000 birds were rescued in a cockfighting takedown in Queens, Brooklyn and Ulster County.

He says the gamecocks were bred, trained and administered performance-enhancing drugs, had razor-sharp gaffs attached in place of their spurs and were locked in pens to be wagered on.

THE ASSOCIATED PRESS

## Floods in Britain

### Thames overflows, swamping towns

The River Thames burst its banks Monday after reaching its highest level in years, flooding riverside towns upstream of London as England suffers through its wettest January since 1766.

British troops helped residents pile up sandbags, but the river overwhelmed their defences in several places, leaving areas including the village of Datchet underwater.

THE ASSOCIATED PRESS

## Kenya. Gay activists urge Ugandan leader to reject anti-homosexuality bill

Dressed in rainbow wigs and masks, gays and lesbians in Kenya on Monday joined a global effort to protest against an anti-homosexuality bill passed by Uganda's parliament that is now in the hands of the president.

Activists are trying to pressure Ugandan President Yoweri Museveni into not signing the bill, which increases prison times for homosexual acts. The bill, which passed in December, also prescribes a seven-year jail term for a person who conducts a marriage cere-

mony for same-sex couples.

Museveni has opposed the bill as harsh, but gay activists say Museveni's other recent thoughts on the matter — that gays are often "abnormal" people who should be "rehabilitated" — fuel discrimination against gays in a country where homosexuality is already illegal.

In Kenya, demonstrators held signs and chanted slogans outside Uganda's High Commission on Monday in hopes their message would reach Museveni.

THE ASSOCIATED PRESS



Kenyan gays and lesbians wear masks to preserve their anonymity as they stage a rare protest outside the Uganda High Commission in Nairobi, Kenya, Monday. BEN CURTIS/THE ASSOCIATED PRESS

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metro

# RRSP GUIDE

Tuesday, February 11, 2014



An RRSP allows you to save money for retirement on a tax deferred basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute. ANDRESR/SHUTTERSTOCK

## How to navigate your savings vehicle

YLVA  
VAN BUUREN  
For Metro

When you get to the real intent of a registered retirement savings plan (RRSP), it really has application for everyone, says Anthony Williams, vice-president of academic affairs with The Canadian Institute of Financial Planning.

The RRSP is a savings vehicle, first and foremost. It allows you to save money for retirement on a tax deferred

basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute.

Here's what tax planners recommend for specific groups in the population.

### Younger Canadians

Students today should be saving for retirement, says Dean Owen, a Saskatoon financial adviser with Advocis, The Financial Advisors Association of Canada.

There are fewer and fewer

### Can investing in an RRSP reduce your taxable income?

- Tax rates are based on percentage of income. For example, in federal taxes, Canadians pay 15 per cent on \$44,000, 22 per cent on \$44,000 to \$88,000, 26 per cent on \$88,000 to \$136,000, and 29 per cent on more than that. Provincial tax is added on top of that. Someone making \$45,000 will pay 22 per cent federal tax while someone making \$41,000 will pay 15 per cent.

generous pension plans and it's critical to look at RRSPs.

"Especially with the 40-and-

under age group, they're not sticking to a job long enough to have a company pension

plan anyway."

### Self-employed

If a self-employed person is making more than \$40,000, Owen said, they should be looking at RRSPs so they pay less tax as they build their retirement nest egg. If they make less than \$40,000, a deduction is not going to help significantly.

### Pension plan holders

There are investment options with a personal RRSP that you wouldn't have with a company

pension plan. Also, a personal RRSP provides more flexibility — if there is an emergency, funds are available.

### Special cases

Sometimes RRSP money can be used long before retirement. If someone is going to be off work for a year (doing a master's degree, for example), pulling money out will trigger a tax liability, but tax will be minimized because they are in a low income bracket (they aren't working).



Saving even a small amount each year can help you build a nest egg for your future. MIRCO VACCA/SHUTTERSTOCK

## Strategy. Start planning for your future

Age is a key consideration with an investment strategy, especially when it comes to how much, and when, a younger investor should contribute to a registered retirement savings plan.

"We believe that it's never too early to start investing in your future," said Dennis Tew, chief financial officer at Franklin Templeton Investments Corp.

"Sometimes there's a

tendency to wait and forgo contributing when we're young due to other priorities — families, mortgages, weddings — but, in fact, it should always be a priority. Even a small amount each year can make a difference over a lifetime."

For the young investor looking to make their first RRSP contribution this year, Tew offers these tips to help make the decision a smart one.

**1** Understand risk tolerance. To put it simply, do you prefer growing your RRSP savings steadily over time (lower to medium risk) or are you OK with the possibility of more investment volatility in the pursuit of larger gains (higher risk)?

**2** Diversify across asset classes. Make sure you understand the basics about the main asset classes in which you can invest —

bonds don't necessarily mean safe and equities don't necessarily mean risky. Why not diversify your investments?

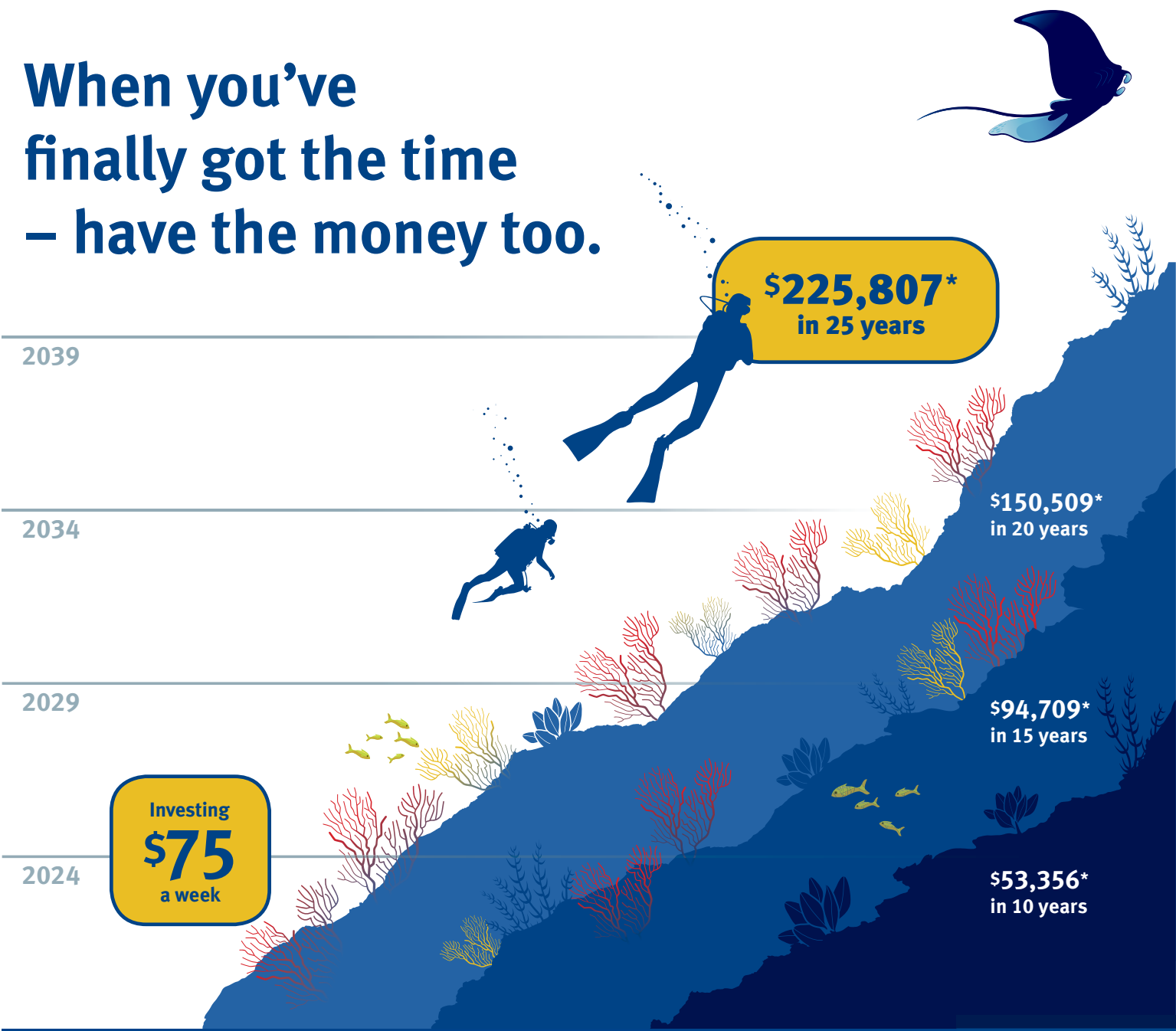
**3** Speak with an adviser. Investment advisers have their fingers on the pulse of markets and can help you map out a plan for achieving your retirement goals. They can provide insights that are in line with your personal risk tolerance and investment goals. **NEWS CANADA**





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# Plan to use unused contributions



**TALBOT BOGGS**  
Smart Investing

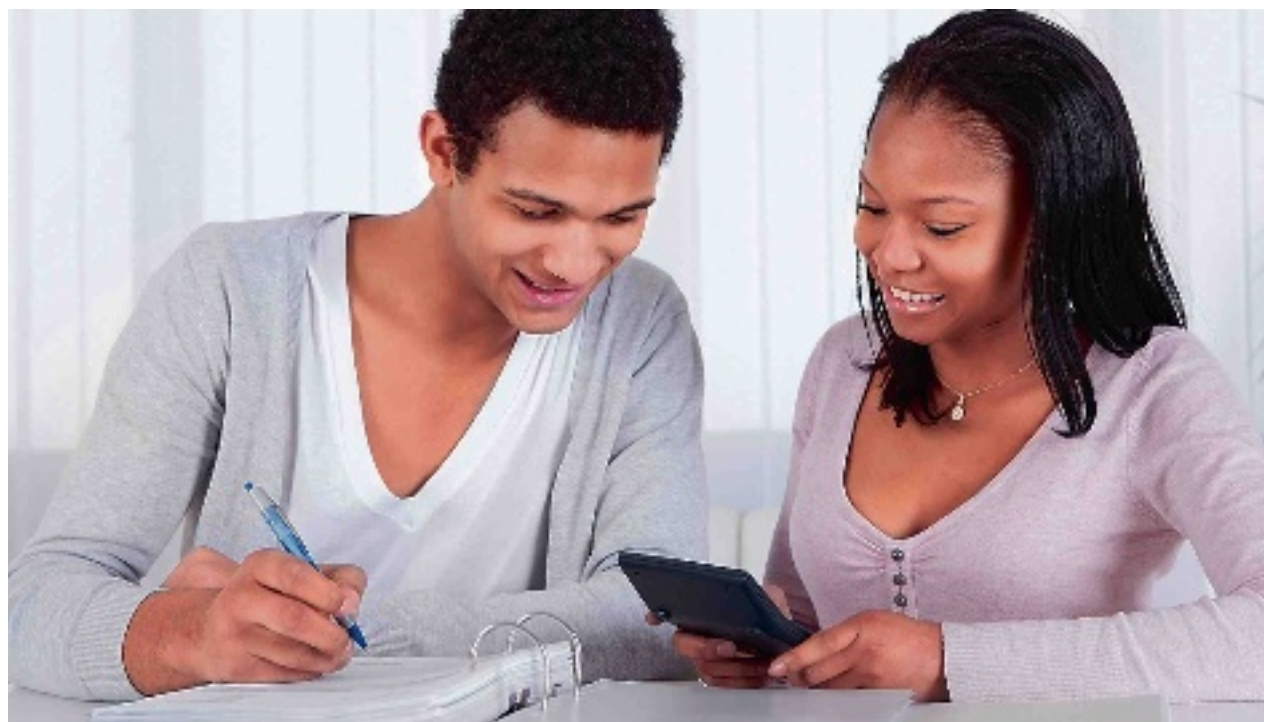
The government set up registered retirement savings plans in 1957 as a vehicle for Canadians to save for their retirement. But more than five decades later, data shows they have not used it to their fullest and Canadians are now sitting on some \$600 billion in unused contributions.

"A lot of people just don't have the income to be able to contribute to the maximum," said Johnathan Rivard, an investment adviser with Edward Jones. "They have a lot of other priorities like a mortgage, children's education, cars, entertainment and travel. With everything else they have to do it's just not that high a priority."

How can Canadians catch up on their RRSP under-contributions and help ensure they have enough money tucked away for retirement?

"Budgeting is key," Rivard said. "Do an analysis of your retirement — what do you want to do in your retirement, how much will you need to maintain that lifestyle and then how are you going to fund it? It's important to understand why you are contributing."

One financial question that seems to come up continually in financial planning



Do an analysis of your retirement — what do you want to do in your retirement and how much will you need to maintain that lifestyle? ANDREY POPOV/SHUTTERSTOCK

is whether it is better to pay down your mortgage or contribute to your RRSP.

Unfortunately, there's no easy answer. A lot will depend on individual circumstances such as lifestyle, debt level and interest rates, but there are some things to consider.

"A lot of people believe real estate is one of the best long-term investments you can

make," Rivard said. "There are a lot of costs associated with real estate like taxes and repairs and maintenance that can really add up over time. Investments, however, tend to be more passive when it comes to costs although fees sometimes can be a discouragement as well."

"So it's really important to get some professional finan-

cial advice for the best solution for you based on your personal situation."

RRSP contributions also tend to be impacted by the economy and performance of financial markets.

"When the markets do well we tend to see better RRSP seasons," Rivard said. "A lot is driven by emotion. When people feel good they

are more inclined to invest, but during the recession of 2008-09 investment was down. It's pretty cyclical."

**THE CANADIAN PRESS**

**TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.**

## TFSA offer versatility

**YLVA VAN BUUREN**  
For Metro

Since it was introduced in 2009, the tax-free savings account (TFSA) has changed the complexion of financial planning, says Anthony Williams, vice-president of academic affairs with The Canadian Institute of Financial Planning.

"You can use it for any purpose ... short term, long term, rainy day fund, a special purchase, a 25th anniversary, and for retirement — with tax-free growth. And the money can be pulled out at any time at no taxable cost."

Here are some ways to use a TFSA.

- Pension plan plus: Anyone with a good pension can use a TFSA. "You don't get a tax deduction (like you do with an RRSP contribution) but where an RRSP will hurt is when you start to take it

### Contribution amount

- You can contribute up to \$5,500 per year into a TFSA plus any unused contribution room from previous years.

out," said Dean Owen, a Saskatoon financial adviser with Advocis, The Financial Advisors Association of Canada. "RRSP money may push you into a higher tax bracket."

- TFSA funds are not taxable.
- Windfall: If you receive a windfall of some kind and tax payable is zero, putting it into an RRSP is not going to provide a significant income tax break and you will pay tax later. If you don't have a TFSA, open one. You can carry forward unused contributions this year, \$31,000 total since 2009.
- Retirement savings: When

a marginal tax rate is not high (\$40,000 or less), the deduction from an RRSP contribution will not affect tax rate significantly. But a TFSA allows for tax-free growth.

- Emergencies: Using a TFSA as an emergency fund is absolutely a good idea, Owen said. The money is accessible and can still make money with no penalty or tax if you decide to withdraw it.

- Investments: The TFSA is functional for conservative and speculative investments. "If you earn \$100 in interest, you would normally have to pay tax on that," Williams said.

"But in a TFSA, there are no tax implications. If you get lucky and your investment goes from \$5,000 to \$25,000, you still don't pay tax on the growth. Pull the money out of TFSA and contribution space would be restored in the next year."



If you receive a windfall of some kind you might want to consider placing that money into a tax-free savings account. SYDA PRODUCTIONS/SHUTTERSTOCK

## Protect savings from life's surprises

If you are like most Canadians, your registered retirement savings plan (RRSP) will be your main source of retirement income.

But what would happen if you had to stop contributing to your RRSP or dip into those investments to pay for an injury or illness that prevented you from earning an income?

"Life is what happens when you're busy making other plans, but if you don't protect your income you could be risking your financial well-being," said Heather Clarke, certified financial planner at Investors Group.

"Having the right insurance in place can help you make sure your retirement savings stay on track."

Here are three reasons to consider disability, critical illness or long-term care insurance.

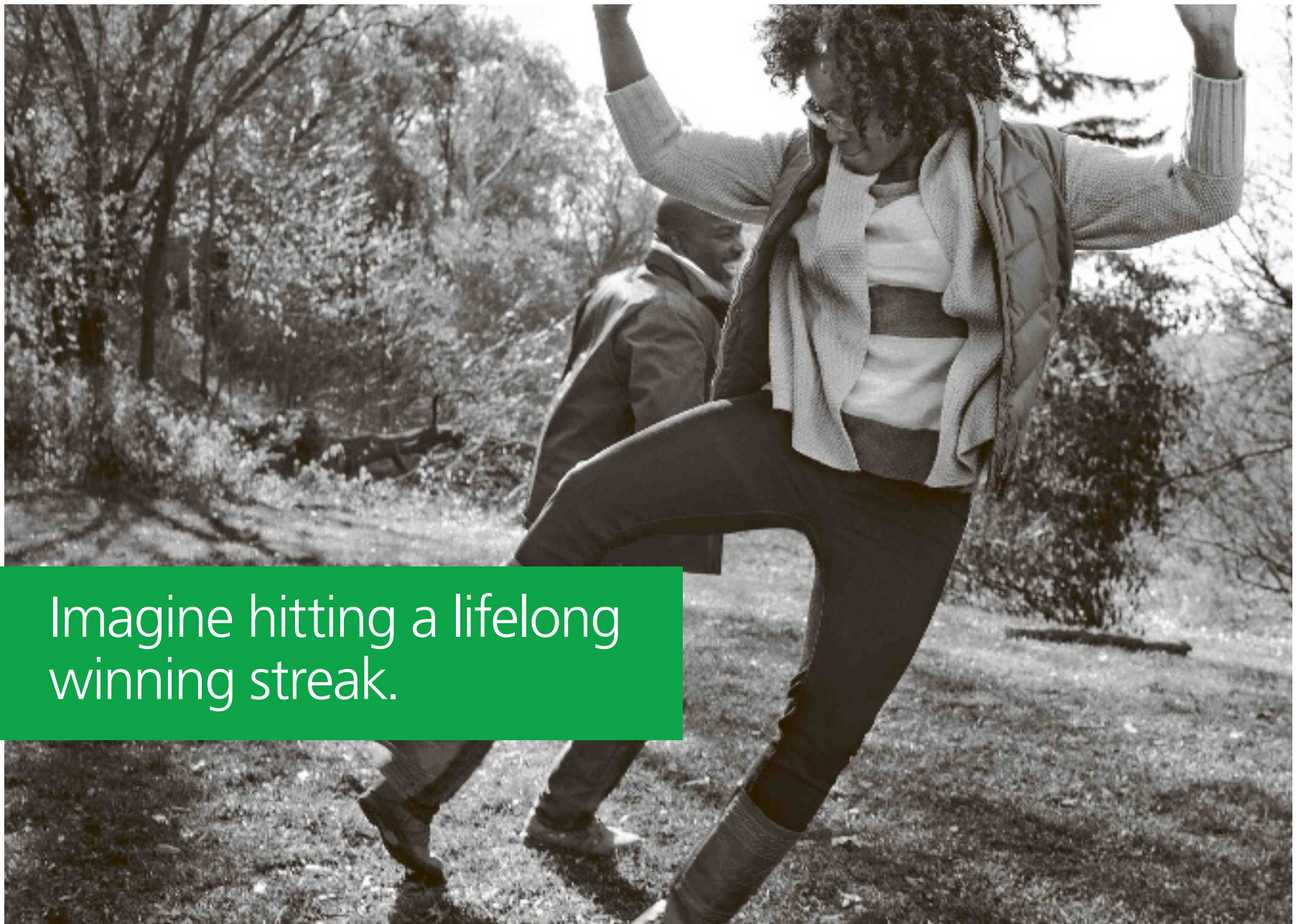
- It could happen. According to actuarial statistics, the average Canadian has a one-in-three chance of becoming disabled for 90 days or longer, at least once before the age of 65. The average length of a disability longer than 90 days is almost three years.

- Stopping your RRSP contributions can hurt your retirement savings. For example, at 25 you start making RRSP contributions of \$300 per month, but become permanently disabled at age 35 and are unable to contribute to your RRSP. By 65, your nest egg will be worth \$400,000 less than it would have been if you had continued to make contributions until retirement (assuming an eight per cent compound annual rate of return).

- You may have less income, but greater expenses. If you become disabled, depending on the nature of your disability you may have ongoing medical expenses that increase your overall cost of living.

**NEWS CANADA**





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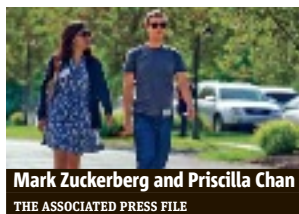




## The giving network. You know what's cool? Giving away \$970M in shares

Mark Zuckerberg and his wife, Priscilla Chan, were the most generous American philanthropists in 2013, with a donation of 18 million shares of Facebook stock, valued at more than \$970 million US, to a Silicon Valley non-profit in December.

The Chronicle of Philanthropy reported Monday that Zuckerberg's donation was the largest charitable gift on the public record in 2013 and put



Mark Zuckerberg and Priscilla Chan  
THE ASSOCIATED PRESS FILE

the young couple at the top of the magazine's annual list of 50 most generous Americans in 2013. **THE ASSOCIATED PRESS**

## Survey. The CRA spending \$7M of our tax money on ineffective tax-break ads

Canadians appear to be tuning out another federal ad campaign, this one by the Canada Revenue Agency.

The tax agency spends about \$7 million each year touting the Harper government's special tax breaks aimed at families, small businesses and others.

But an opinion survey com-

missioned by the agency found fewer Canadians paying attention, and fewer taking any action as a result of seeing the ads, most of which are on television.

Less than a third of 1,000 people surveyed last year could remember the ad campaign without prompting.

**THE CANADIAN PRESS**



## Not a g'day for Aussies: It's the end of car making Down Under

Vehicles speed past a Toyota dealership in Sydney, Australia, on Monday. Toyota announced it will stop making cars in Australia by the end of 2017, spelling the end to auto manufacturing in the country, where car companies say high production costs and tough competition have made the business unviable. **RICK RYCROFT/THE ASSOCIATED PRESS**

# Did Flappy Bird fly too close to the sun?

**Flap over app.** Like Icarus, the game had a fast rise and fall to earth



ELISABETH BRAW  
Metro World News in London

Apparently we're all Flappy Bird addicts: when Dong Nguyen, the Vietnamese creator of the popular mobile game, announced that he's removing it from online stores, it became

big news. What makes the simple app so popular when other, flashier games are not?

Metro spoke with Vili Lehdonvirta, a research fellow at Oxford University's Oxford Internet Institute.

**What's the secret behind Flappy Bird's success?**

If you look at what's inside the game, the retro visual style borrows from classic

games like Super Mario, which invokes nostalgia in the user.

The other important aspect is the fact that it requires skill. Most games no longer ask for such know-how. They're easy to learn, so to

get good you just have to play them often enough. Flappy Bird, by contrast, is unforgiving, so success feels meaningful.

**But Flappy Bird got a lot of criticism.**

Yes, a lot of praise and a lot of criticism. It created controversy (questions have been raised whether bots were used to boost its app chart popularity — ed.), which helped it become a phenomenon. It was like, if you're not playing Flappy Bird, you're missing out. But its success is also down to chance. Even if you followed all these steps, it's not certain that your game would be successful.

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# LOVELY TIME TO NOT DO THIS

I've always thought of Valentine's Day as a mid-range event on my holiday ranking scale. I'd probably place it somewhere above the binge-drinking mess of St. Patrick's Day but not nearly as exciting as Canada Day. I know the whole thing has very little to do with true love and a lot to do with selling expensive gifts but I'm a sucker for candy conversation hearts and cheesy greeting cards nonetheless.

February 14 doesn't have to be the most romantic day of the year, but if you find yourself coupled up this Friday and you'd like to stay that way then you should probably try to put in a little effort. There's still plenty of time to plan something special for your significant other, so here are some guidelines on what not to do this Valentine's Day.

**Do nothing.** Disappointment abounds during this time of year, especially when people aren't up front about their expectations. You don't have to deliver a dozen overpriced roses



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

or orchestrate a private dinner for two in a candlelit restaurant, but the least you can do is pick up a card and scribble down a few heartfelt sentences. When it comes to matters of the heart, no one ever regrets being over prepared.

**Break up with your beau.** You'd think this was a pretty obvious V-Day "don't," but according to a recent survey by online dating site AYI.com, 22 per cent of individuals polled said that they had been dumped on Feb. 14. It's hard to believe that so many people possess such poor timing but perhaps it's understandable given all the stress that surrounds this particular holiday. Even so, try to have a heart and wait 24 hours before delivering the

bad news to your soon-to-be ex.

**Protest just for the sake of it.** We all know Valentine's Day is special because of the person you spend it with and not because of how much money you spend on them. However, restaurant owners, florists and purveyors of gourmet choco-

lates count on this annual event to bring in some cash during an otherwise slow winter season. Rather than self-righteously boycotting the Hallmark holiday, why not show your love by supporting small businesses in your area. Find your sweetheart a unique and thoughtful gift from an independent local retailer and it'll be a win for everybody.

**Give in to social media envy.** Let's face it, this Friday your various social media newsfeeds are going to blow up with heavily filtered images of bountiful floral bouquets and sickeningly sweet proclamations of love. Some digital sentiments might be touching; the majority will be annoying and may leave you feeling jealous and depressed. Do yourself a favour and step away from the keyboard so that you can focus on your own relationship.

**Feel obligated to leave the house.** Never underestimate the appeal of a low-key night in. With chilly temperatures outside and season two of House of Cards debuting on Netflix this Friday, a cosy date on the couch is a perfectly lovely (not to mention inexpensive) option. It might not look as impressive on Instagram but nothing says long-term relationship success like sweatpants and takeout Chinese food.

## ZOOM

# A growing visual culture



COURTESY CASEY GUTTERIDGE/THE BIG BANG UK YOUNG SCIENTISTS AND ENGINEERS FAIR

## British actor stars in microbial art

A microbiologist has made a 'self-portrait' of Stephen Fry (from The Hobbit) by using the actor's own bacteria.

Zachary Copfer, from Ohio, holds a master's degree in fine art and a bachelor's in biological sciences, and says he sees this as an exciting way of exploiting the art within science to bring to life a sterile and boring field. **METRO**

## Q & A

## Newest selfie



**ZACHARY COPFER**  
Microbiologist/  
photographer based  
in Cincinnati, Ohio.

**How did you manage to get the bacteria to 'paint' this?**  
I received a sample of bacteria taken using a swab from

Stephen's arm. Then I made a negative from a digital photo of him and placed it on a bacteria-laden petri dish. I exposed the plate to ultra-violet radiation, killing any microbes in certain parts of the dish. This allows others to grow in areas where the negative is. I then placed it in an incubator for two days to

let the culture grow. Sometimes it can take four or five tries to get the bacteria to grow where you want it to.

## What is the artistic meaning behind your work?

It touches upon the concept of an artwork's ownership, what can be regarded as the ultimate selfie.

## Clickbait



**IRENE KUAN**  
Metro Online

**Organizing your own work projects is hard enough, but try adding multiple people into an assignment. This can be a big headache if organization is a challenge for you. Here are some online tools to help track project collaborations.**



ISTOCKIMAGES

## Asana:

Manage your teamwork without email. This free web and mobile application allows you to create projects and put conversations and tasks together. Set due dates, assign your group members tasks and have Asana track and remind them of impending deadlines.

## Basecamp:

This web-based project-management tool has been around since 2004 but was revamped in 2012. Basecamp can offer to-do lists, wiki-style web-based

documents, file sharing and a messaging system, to name just some of the functions. The 2012 version of the tool allows users to use their preferred language in projects and messaging.

## Pivotal Tracker:

This web tool offers a friendly user experience for team projects, offering the ability for candid conversations to optimize communication and teamwork. Are your work partners in a different time zone? Not a problem! Pivotal Tracker will help everybody stay in sync and projects stay on course.

## Twitter



## @metropicks asked:

**Drones are used in Sochi to capture ski events. If you had a drone, what would you use it for?**

**@mensaghi:** Scope out traffic before rush hour.

**@debzv:** If I had a drone, I will use it to deliver burritos.

**@bcladyo:** I would use drones for beer delivery! :)

**@sykesoh:** to pick up rob ford when he is on a famous stupor

**@lisambungay:** watching my kids when I leave the room.

**@newcybersol:** I would have a drone follow our beloved premier Alison Redford. Maybe that would keep her spending in check!

**Follow @metropicks and take part in our daily poll.**

## WE WANT TO HEAR FROM YOU:

Send us your comments: [ottawalatters@metronews.ca](mailto:ottawalatters@metronews.ca)



It's time you level with your significant other: there's no way you're going to watch *The Notebook* on Valentine's Day. And not just this year — you're talking about never again. The same goes for *Love Actually*, *The Vow*, *When Harry Met Sally* or any of the other certified V-Day classics. Here are five choices to make February 14 a little less boring and a little more cinematically stimulating.

ADAM NAYMAN  
scene@metronews.ca



### Don't Look Now

Nic Roeg's peerlessly creepy thriller about a couple menaced in Venice by witchy sisters and a red-cloaked serial killer was controversial in its day for the seemingly unsimulated sex scenes between stars Donald Sutherland and Julie Christie; look past the scandal, though, and you'll see a tender portrait of lovers brought together — and ultimately torn apart — by grief.

# 5

## Films about love that aren't The Notebook



### Friday Night

Claire Denis is a filmmaker who loves filming bodies in motion, and she's never had lovelier choreography than in this sublime 2002 feature, which describes a brief encounter between two strangers: a woman on the verge of moving in with her boyfriend, and a stranger she meets during an epic Parisian traffic jam. *The City of Lights* has rarely looked so sumptuous, and the film's tone is so intimate that you may feel like you're intruding.



### Mulholland Drive

This is one of the most mysterious movies ever made, but its cryptic plot and bizarre imagery can't obscure the sweetness of the scenes between Naomi Watts and Laura Elena Harring as amateur sleuths who gradually fall in love with one another. Their blonde-brunette/Betty-Veronica dynamic is framed playfully, yet there's also real passion there — enough to make *Mulholland Dr.* more emotionally resonant than many of director David Lynch's other brain-melting masterpieces.



### A Perfect Getaway

Don't let the B-movie packaging and cast (Steve Zahn, Milla Jovovich) fool you; this criminally underrated 2009 thriller about two couples honeymooning in Hawaii is downright romantic at heart. The sweetly tempestuous relationship between redneck tourists Timothy Olyphant and Kiele Sanchez is adorable, even if the movie keeps floating the possibility that they're also serial killers — at least they share the same interests!



### Sightseers

Vacationing psychopaths are also the subject of this demented British import, in which a sheltered Englishwoman (Alice Lowe) discovers that her new boyfriend (Nick Oram) has some worrisome hobbies. Ben Wheatley's pitch-black comedy is not for the faint of heart, but it's a brilliant deconstruction of romantic comedy tropes.



# Lang took a chance After Midnight

**'I did not fit in.'** Famous singer-songwriter talks about the hesitancy she experienced prior to her Broadway debut

If you're a little surprised to discover that alt-country star k.d. lang is coming to Broadway, so is lang.

"It is outside my comfort zone. It is something that I never thought I'd be doing," the Grammy Award-winning singer-songwriter says. "I just try to follow my heart and my muse and the opportunities that arise for me and what's inspiring me."

Lang will take over from Fantasia Barrino as the second star vocalist in *After Midnight*, a musical celebrating Duke Ellington's years at the Cotton Club nightclub in Harlem. Lang, blessed with androgynous looks and a sensuous voice, starts performances Tuesday and will end her run March 9.

*After Midnight* is a sort of candy sampler of some two dozen musical numbers that showcase dance, jazz or singing. Lang will be called on to sing *I Can't Give You Anything But Love*, *Stormy Weather*, *On the Sunny Side of the Street* and *Zaz Zuh Zaz*.

"I imagine it's going to be quite a different place than *Fantasia*," she says, laughing. "I want to approach things from a naive point of view, from a reactionary, emotional point of view."

## Quoted

**"My No. 1 attraction was the music and the original Duke Ellington arrangements. I mean, that's a no-brainer."**

k.d. lang, singer-songwriter  
On what attracted her to *After Midnight*

Lang, 52, has won four Grammys and is perhaps best known for her cover of Roy Orbison's *Crying*, her interpretation of Leonard Cohen's *Hallelujah* and her hit song *Constant Craving*.

She also caused a stir in the 1980s when she posed on the cover of *Vanity Fair* in a barber's chair being shaved by supermodel Cindy Crawford.

Although musical theatre was never one of her interests growing up, this self-styled "musical nomad" will now be working with Wynton Marsalis on Broadway with a 17-piece band. She even agreed to do the show before seeing it. The Associated Press sat down with lang shortly after her arrival from her home in Portland, Ore., and asked her about this odd left turn and why she almost didn't take it.

## How did you get lured to Broadway?

My No. 1 attraction was the music and the original Duke Ellington arrangements. I mean, that's a no-brainer. I look at my life as a lifelong learning process of being a vocalist, and that's like going to one of the greatest schools.

And working with a big band onstage? That's a wonderful, wonderful opportunity.

## Is it true you initially passed on this?

I tried. I did the first time they asked. I said, 'No' because I'm kind of stuck in my ways. I do what I do. But then they came back to me and I had thought about it a lot and came to the conclusion that you can't turn it down.

## What worried you?

I was concerned that I had to act or that I had to perform in a way. To me, the most important thing is diving into the emotional narrative of the song. To me, that's everything. When they assured me that I could perform the songs the way I felt them and I didn't have to change to fit the show, that made a lot of sense to me.

## What did you think after seeing it?

I was like: 'Oh, man. I do not fit in. I do not belong here. What they hell did I get myself into?'

## Do you have a back story for your character showing up at the Cotton Club?



k.d. lang at the Broadway opening of *After Midnight*, in which she will be a star vocalist. INVISION/AP

I kind of figured that I'm a misfit in society. I work up there. I don't have a lot of money. Maybe I know somebody in the band or maybe I have some ties to the people who are the patrons. But somehow I get onstage. I'm broke. I go after work and I get to sing with the band a few songs. But I really don't fit in.

## What will you wear?

A suit by Isabel Toledo, who did the costumes. I don't think they're going to be gowns. I think *Fantasia*'s got me on that one.

## If it all goes well, might we next catch you in a revival of, say, *South Pacific* or *Gypsy*?

No. It's not who I am. I mean, I may be completely

singing — pardon the pun — a different tune after this experience, but up this point, no. I would say not.

## Do you think this might open a new door for you?

It may even shut a door (laughs). I may even retire after this. I don't know. I honestly have no idea.

THE ASSOCIATED PRESS

## Folio Prize

### Canadian Carson up for Britain's new literary trophy

Canadian poet Anne Carson is among the nominees for a new literary prize designed to find the best book published in Britain. The 40,000-pound (\$66,000) Folio Prize is open to any book published in Britain in 2013.

The eight finalists, announced Monday, include Carson for her long-form poem *Red Doc*.

The Toronto native, who teaches at the University of Michigan, has already won honours including the T. S. Eliot Prize for Poetry and the Griffin Poetry Prize.

THE ASSOCIATED PRESS

## Nielsen study. Television time-shifting is on the rise

TV viewers increasingly are watching programs on their own schedule, according to a Nielsen company media study released Monday. In the past year, time-shifting of television content grew by almost two hours, averaging 13 hours per month, the study found. Viewers averaged nearly 134 hours of live TV viewing a month in 2013, down nearly three hours from 2012.

Television still remains central to media consumption, the study found, despite the increase in time-shifted viewing and streaming video through a computer or smartphone. On average, American consumers own four digital devices, the report found. The

majority of U.S. households own high-definition TV sets, Internet-connected computers and smartphones, while nearly half also own digital video recorders and gaming consoles.

The average consumer spends about 60 hours a week viewing content across various platforms, Nielsen found. Multitasking is common; 84 per cent of smartphone and tablet owners say they use their devices as second screens while watching TV.

"It's an incredibly exciting evolution in the ways people are using devices to get media," said Megan Clarken, Nielsen executive vice-president.

THE ASSOCIATED PRESS



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## DVD review



## The Counselor

Director. Ridley Scott

Stars. Michael Fassbender, Cameron Diaz, Brad Pitt

Golden tongues and black hearts enliven this uncommonly erudite thriller built around the pulpiest of stories. Ridley Scott directs and gaudily attired A-listers supply wicked glamour, in a drug-trade scenario that traverses the globe but mainly straddles the Texas-Mexico border. Cormac McCarthy's screenwriting debut presents Michael Fassbender's title lawyer in the classic situation, familiar to students of Greek myth and Shakespearean drama: a moral man tempted by sin and hubris and brought low by fate.

PETER HOWELL

# Kevin's got a lot of Hart for his fans

## About Last Night.

Comedian is set to release his next film in 2014 and he's all about connecting on Twitter

NED  
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Metro World News in Hollywood

Kevin Hart is already having a pretty decent 2014, with last month's *Ride Along* breaking January box office records and bringing in more than \$90 million worldwide in its first three weeks of release. And he's hoping that success continues in February with *About Last Night*. One thing is for sure, he's not letting bad reviews get to him — even when the critics are trying to get his attention.

## You're incredibly active on social media.

I'm very serious about it. It's not a game, this is not something I take for granted. I'm very, very, very committed to social media and interacting

Kevin Hart, left, stars in *About Last Night*, which opens on Friday. CONTRIBUTED

with my fans the way that I do. It's something that I think people really, really take for granted, and they shouldn't. It's free promotion, but at the same time it keeps you in contact with your fan base.

## When did it first occur to you to utilize it so much?

Well, from jump. When I first saw my numbers going to what they grew to, I said I would be a fool to not dive in as much as I could because this is basically promotion that

the studio doesn't have. This is you having a direct connect with your fans. When I say to my fans, "First 200 people to meet me at Applebee's, I want to treat you," they're going to come. And those 200 people in there get to meet, connect

with me, talk to me. You have to have ways of showing that you are giving back — "Thank you, guys, for what you do, which is support me." I'm not a ghost. I'm not the legend that just walks and you never see, plain and simple.

I saw someone included your Twitter handle in a bad review of *Ride Along*, which seems like bad form.

A critic's job is to critique. At the end of the day, as an actor, if you allow that stuff to get to you, you're a fool. But you've got to ask yourself how do critics feel when they critique something, they trash it and then it shows up and it's a record-breaking box office hit? Then you just have to go back into your critic hole and critique some more. But I don't knock it, it's what you're paid to do. Your job is to critique and that's your world of expertise. But if [the film is] getting an A cinema score — which means everybody's walking out happy — then that means you have to question yourself, what you like and where your expectations are.

KEVIN COSTNER  
AMBER HEARD  
HAILEE STEINFELD

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## Got the munchies? Leto will be supplying the Oscars snacks

Jared Leto says there's only one thing that gets him through the endless film awards season: A packed lunch. The 42-year-old has already won a Screen Actor's Guild Award and a Golden Globe for his performance as the transgendered Rayon in Dallas Buyers Club and he is nominated for an Academy Award. He says award shows "last for sometimes hours and hours and hours." Actors and directors "do red carpet in the afternoon and you end up leaving late in the evening. I like to eat really healthy, so I bring little snacks." At the Golden Globes, Leto says he got plenty of ribbing for his snacks but within minutes, "Reese Witherspoon, Jennifer Garner, Matthew (McConaughey), everyone is reaching into my bag!"

THE ASSOCIATED PRESS



Jared Leto ALL PHOTOS GETTY IMAGES

## Sarandon getting close with business partner

Susan Sarandon and her business partner Jonathan Bricklin, 36, have been rumoured to be enjoying a much more intimate partnership for some time, and now it seems Sarandon to be hinting that the rumours are true. "Jonathan and I collaborate on different things. That means a lot of things," she coyly tells AARP The Magazine in its latest issue. When asked by the magazine if those things include romance, Sarandon responds, "Yeah, I think so." Sarandon and Bricklin are co-investors in NYC ping pong bar Spin.



Chris Kattan

## Former SNL star Kattan arrested on suspicion of drunken driving in L.A.

Authorities say former Saturday Night Live star Chris Kattan has been arrested on suspicion of drunken driving after his Mercedes struck a Department of Transportation vehicle on a Southern California freeway.

The California Highway Patrol says the Mercedes was seen weaving in and out of lanes shortly before 2 a.m. Monday on the 101 freeway in Los Angeles. The CHP says Kattan drove into a DOT

vehicle that belonged to a crew conducting maintenance on a guardrail. No injuries are reported. The 43-year-old Kattan was jailed on suspicion of DUI.

Kattan, who was on SNL from 1996 to 2003, was best known for the character Mango. He also starred alongside Will Ferrell in the 1998 film A Night at the Roxbury. A call to Kattan's agent wasn't immediately returned.

THE ASSOCIATED PRESS

### Twitter



@rustyrocks

In Berlin tonight joking about Hitler.



@SteveCarell

So far this year I have had Olympic Fever, World Series Strep Throat, and Superbowl Diarrhea.



@BRUCKHEIMERJB

Had dinner with President Jimmy Carter last week. Great humanitarian and one of the nicest people I've ever met. Hope to share a pic soon.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## 'Judge away,' says Stewart as she tries to find herself

Kristen Stewart reveals to Marie Claire magazine that instead of throwing herself into film work following her breakup with Robert Pattinson, she spent most of 2013 taking road trips with friends, working on her poetry and discovering things about herself — like the fact that she doesn't necessarily have a romantic type. "You don't know who you will fall in love with. You just don't. You don't control it," she says.

Another thing she's learned? It's OK to not be good at being a celebrity. "I'm just not very good on TV, and it's



not my main goal in life to get good at it," she admits. "People are like, 'She just can't handle' — for lack of a better word — 'the spotlight.' No, actually, I can't,

and that is totally who I am." And Stewart has definitely learned how to handle her critics: "I stand by every mistake I've ever made, so judge away," she says.

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# Confidently leave the (home-workout) nest

**Transition.** Joining a gym for the first time can be intimidating, but it doesn't have to be

**IZABELA SZYDLO**  
life@metronews.ca

I had convinced myself that I hated the gym before I ever set foot in one. The truth is, I was intimidated.

Instead, I started working out at home using dumbbells for resistance, a skipping rope for cardio and gym rat friends for advice. A year and 20 lost pounds later, I was ready to make the transition to a gym. But, despite having more fitness knowledge, I still felt apprehensive.

Venessa Coda, a Toronto-based personal trainer and licensed Zumba instructor with several martial arts under her belt, answered some of my concerns and put my gym fears to rest.

## Should I be trying to burn fat and tone at the same time?

Fat burning and toning are two different things, but should be done together to get ultimate results. While you can target certain muscles to tone, you cannot target where you want to burn fat. To burn fat, you need to eat clean, and do cardiovascular and weight training. I would recommend a body fat test. It is a much better indicator of health than body mass index, which is simply a ratio of weight divided by height squared and does not take into account what our bodies are actually made of—



Personal trainer Venessa Coda instructs Izabela Szydlo on how to do a wall sit. LIZBEDDALL.COM

specifically lean body mass like muscle, bone and water versus fat. Make sure you understand the instructions before taking one of these tests, as not doing so can result in an inaccurate reading.

## What is the difference between machines and free weights?

The most important component in any strength training program is safety. If you are new to strength training or if you are working out alone, machines are your best bet. They provide a more controlled motion and isolate certain muscle groups. Free weights promote quicker strength gains and allow more variations in range of motion, but they require

## Quoted

**"You want to create a lifestyle change that will last as long as you can stay active. Be consistent, eat clean and keep setting goals for yourself."**

Venessa Coda, personal trainer and licensed Zumba instructor

more balance and coordination. As a beginner, you should set up a fitness test and a gym walk-through with a professional who can show you how the machines work. Once you get more comfortable with the machines, slowly start to add a few free weight exercises.

Eventually, you want to incorporate both machines and free weights into your routine.

## Some say that it is better to work out in the morning. Is there a specific time I should be hitting the gym?

Take into consideration what goes on in your day-to-day life and resolve to give yourself at least three hours a week in the gym. That equals three workouts a week. Then look at your days and see which days you tend to have a little more time. You have to be real with yourself and pick the time of day you know you will make it to the gym. Consistency is key if you want to see results. This is why it is super important to set a very realistic goal.

## For your phone

**Boston Marathon World Run (iPad, iPhone, Android; free)**



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Kris Abel  
@RealKrisAbel  
life@metronews.ca

You can join the Boston Marathon no matter where you are by sharing your personal runs and pledges while following stories from global ambassadors as they prepare for April's race.



## Is hiring a personal trainer a must?

Hiring a personal trainer is not a must but is a good idea if your budget allows it — even if it's just a few sessions to get you started on a program that is designed specifically for your needs and goals. Benefits to having a live trainer are: motivation, efficiency, improvement of technique and skills, and help with creating a fun workout. But remember, you are in control of your bank account. Do not be pressured into getting a trainer if you can't afford it. There are online resources that can help you through your workouts. Make sure you are using a reputable website, and paying close attention to instruction and watching technique closely.



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# Make all your dates even sweeter with delicious dark chocolate



This recipe produces 12 Medjool Date Pecan Chocolate Truffles. COURTESY NATURALDELIGHTS.CA

**Sweet Week.** Metro is getting in the mood with a different V-Day treat every day — and this one happens to be healthy, too

**THERESA ALBERT**  
myfriendinfood.com

I had the distinct pleasure of going to Bard Valley, Ariz., where Medjool dates are grown. I went 50 feet up a palm tree, picked one off the cluster and ate it. Pretty cool

## FLASH FOOD



From your fridge to your table in 30 minutes or less

experience.

Medjool dates are dried right on the tree; no further treating or drying is required. They are wrapped in burlap to control pests rather than sprayed so they are effectively “organic” without the label.

1. Using a small paring knife, cut a slit into each Medjool date and remove the pit. Gently squeeze a date open

and stuff the pecan half inside. Repeat with remaining pecan halves and Medjool dates.

2. Using a double boiler, gently melt the chocolate and remove from heat once it's melted. Be sure to keep any moisture, water or even steam away from the chocolate.

3. Using a fork, dredge the stuffed dates through the dark chocolate and place onto a wire cooling-rack. Let cool completely.

4. Place the melted white chocolate into a small piping bag. Drizzle the white chocolate decoratively back

## Ingredients

- 12 Natural Delights Medjool Dates, pitted
- 12 pecan halves
- 5 oz (150 g) dark chocolate (70%), chopped
- 2.5 oz (75 mL) white chocolate, chopped

and forth over the chocolate dipped date. Let cool completely before serving. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE FROM NATURALDELIGHTS.CA**

## Health Solutions

### Replace those crappy gooey chocolates



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Even your friendly neighbourhood nutritionist craves chocolate for Valentine's Day!

I can't and won't eat crappy sugar-filled creamy chocolates — only exquisite dark, antioxidant-filled cocoa will do.

But sometimes chewing on a chunk of chocolate isn't all that satisfying and some kind of filling is required.

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The uptake of sugar within your body is slowed by fibre, nutrients and fat and that matters to everyone, not just those with diabetes.

Keeping the blood sugar even keeps a steady flow of glucose to the brain and an even call of insulin from the pancreas, thereby forestalling two syndromes that are rife in North America: metabolic syndrome in both the brain and the body.

Dipping Medjools in melted dark chocolate couldn't be easier. And the best way to win a healthy heart, yours or your lover's, is to care for it every day — including Valentine's.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



# Easy to make, easier to eat and oh so sinful



This Chocolate Pudding with Chantilly Cream recipe serves six. DAIRYGODNESS.CA

1. Chocolate Pudding: In heat-proof bowl, whisk sugar, cocoa and cornstarch. Whisk in 1 cup (250 mL) of milk and egg yolks until a smooth paste; set aside.

2. In saucepan, combine remaining milk and cream; heat over medium heat until just steaming and bubbles form around edge, stirring occasionally.

3. In a thin steady stream, gradually whisk hot cream into chocolate paste. Gradually whisk back into saucepan and cook,

stirring gently for 8 minutes or until mix coats the back of a spoon. Remove from heat; stir in vanilla. Gradually stir in chocolate until melted and smooth. Pour into dessert bowls; place plastic wrap directly on surface. Cool and refrigerate until chilled, about 2 hours.

4. Chantilly Cream: In old mixing bowl, whip cream for 1 minute. Add sugar and whip until soft peaks form.

5. To serve, top pudding with

seasonal berries and scoop of cream. DAIRYGODNESS.CA

## Ingredients

### Chocolate Pudding

- 1/2 cup (125 mL) granulated sugar
- 6 tbsp (90 mL) unsweetened cocoa powder
- 2 1/2 tbsp (37 mL) cornstarch
- 1 1/2 cups (375 mL) 2% milk, divided
- 3 egg yolks
- 1 1/2 cups (375 mL) 35% whip-

### ping cream

- 1 tsp (5 mL) vanilla
- 5 oz (150 g) dark chocolate (65 to 70% cacao), chopped
- Seasonal berries
- Chantilly Cream**
- 1/2 cup (125 mL) 35% whipping cream
- 1 tbsp (15 mL) brown sugar





Canada's Alex Bilodeau, gold medalist, and silver medalist Mikael Kingsbury celebrate their men's moguls wins with bronze medalist Alexandr Smyshlyaev of Russia at the Sochi Olympics, Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

# Canucks repeat one-two punch



## Freestyle skiing.

Bilodeau defends gold, Kingsbury earns silver to match Montreal sisters' moguls feat

Alex Bilodeau is back atop the Olympic podium and he says he has his teammates to thank for it.

The freestyle skier from Rosemere, Que., defended his gold medal in men's moguls at the Sochi Olympics on Monday, edging his teammates Mikael Kingsbury of Deux-Montagnes, Que., who took silver, and Marc-Antoine Gagnon of Terrebonne, Que., who finished fourth.

Bilodeau, Canada's first gold medalist four years ago in Vancouver, had a flawless final run to earn a score of 26.31.

"It's a great feeling, but I need to first of all thank all

## On the cusp

Marc-Antoine Gagnon didn't have any hard feelings after being nudged off the moguls podium by a teammate.

- Gagnon, from Terrebonne, Que., finished fourth at the Sochi Games on Monday with a score of 23.35.

- He was in third before Mikael Kingsbury of Deux-Montagnes, Que., made a silver-medal-winning run.

- "I'm pretty happy I finished fourth, this is my first Games," said the 22-year-old.

my colleagues," Bilodeau said. "I was the third to go; there were two other Canadians after me. Every day they push me in training and that's why I got my best skiing tonight. That's why I'm the best skier I have ever been right now and the guy that finished second, he is going to win everything after I have gone."

Bilodeau, who is the first moguls skier to defend an Olympic title, received a long celebratory hug from his brother Frederic right after

his victory. Bilodeau says Frederic, who has cerebral palsy, is his hero and he dedicated his gold medal in Vancouver to him.

"It was amazing. My brother is my everyday inspiration," he said. "Like I say all the time, if he had the life that I have lived he would be a three-time Olympic champion."

Kingsbury, who has been Bilodeau's main rival on the World Cup circuit this season, had a small stumble in his

## Planting a legacy

"The future of freestyle skiing in Canada is not done, there are so many good kids coming up and I am so glad to share a podium with one of them."

Alex Bilodeau, on teammate Mikael Kingsbury.

final run to finish with 24.71.

Russia's Alexandr Smyshlyaev was third with 24.34.

It's the second 1-2 finish for the Canadian moguls team at these Games after Montreal sisters Justine and Chloe Dufour-Lapointe won gold and silver in the women's competition on Saturday night. Bilodeau is happy with where the program is going.

"I'm glad to finish my last Olympics like this," he said. "It's going to be a great retirement."

THE CANADIAN PRESS

## Alpine skiing

### Gagnon hopes to fight through pain

Canada's Marie-Michele Gagnon is hoping to continue competing at the Sochi Olympics, despite dislocating her shoulder in a fall during the slalom run of the women's super combined race Monday.

The skier from Lac-Etchemin, Que., hit a gate and lost control of her skis before crashing into the snow.

"We will have to see how it goes but I'm hoping to keep racing here in Sochi," Gagnon said in a release. THE CANADIAN PRESS

## Speedskating

### Dutch continue orange crush

An orange wave rolled around Adler Arena once again as the Dutch continued their domination in Olympic long-track speedskating.

After opening the competition with a sweep of the men's 5,000 metres Saturday, the Netherlands did it again Monday by finishing 1-2-3 in the men's 500. In between Irene Wust won another gold Sunday in the women's 3,000.

On Monday it was Double Dutch and then some as 27-year-old twins Michel and Ronald Mulder won gold and bronze and countryman Jan Smeeckens took silver.

THE CANADIAN PRESS



Dutch gold medalist Michel Mulder GETTY IMAGES

## Luge

### Canadians fall behind Germans

Germany's Natalie Geisenberger closed in on what appears to be an inevitable Olympic gold medal Monday, finishing the first two runs of the women's luge competition in one minute 39.814 seconds. That's 0.766 seconds better than her countrywoman Tatjana Huefner, who took the title at the Vancouver Games. Canadian lugers were also in the mix, with Alex Gough in fifth and fellow Calgarian Kimberley McRae in sixth. THE ASSOCIATED PRESS



# Hamelin on track for more gold



Canada's Charles Hamelin kisses his girlfriend and teammate Marianne St-Gelais after winning gold in the men's 1500 metre short-track speedskating final at the Sochi Winter Olympics on Monday. PAUL CHIASSON/THE CANADIAN PRESS

**Speedskating.** The 'Locomotive' chugs to fourth career Olympic medal but expected to return to the podium

Charles Hamelin is a man on a mission.

In what could be the first of several trips to the podium, the star short-track speedskater won a gold medal in the men's 1,500 metres at the Sochi Olympics on Monday.

The native of Ste-Julie, Que., is a medal favourite in his three other events.

"I'm going through the full range of emotions," Hamelin, 29, said after finishing in two minutes 14.985 seconds to edge out Han Tianyu of China. "Of course I want to get back on the podium. But short-track speedskating is not an easy sport."

Hamelin won gold in the 500 metres and the 5,000-metre relay at the 2010 Games in Vancouver, but was seventh in the 1,500.

## Going around in ovals

While François Hamelin, Charles' brother, and Michael Gilday of Yellowknife didn't advance to the final Canada's women speedskaters had a better day

- **Qualifying** In the women's 500 preliminaries, Marianne St-Gelais, Jessica Hewitt and Valerie Maltais advanced from heats. The same three, along with Marie-Eve Drolet, advanced in the 3,000-metre relay.

Hamelin, nicknamed "The Locomotive of Sainte-Julie," was virtually unbeatable on the World Cup circuit this season, winning six events.

Viktor Ahn earned the bronze Monday, giving Russia its first-ever short-track medal. J.R. Celski, the 2010 bronze medallist from Federal Way, Wash., finished fourth.

"He (Hamelin) deserves it," Celski said. "He went out there and raced his (rear) off."

As Hamelin entered the final lap in the lead, his girlfriend and teammate Marianne St-Gelais couldn't control her excitement, racing from her seat to the sidelines to give him a congratulatory hug.

With the silver medal he won in the relay event in Turin in 2006, Hamelin now has four Olympic medals. That leaves him one short of former teammates Marc Gagnon and François-Louis Tremblay.

He is also tied with Gagnon for the most gold medals for a Canadian short-track speedskater. If he wins medals in his three remaining events he will become Canada's most decorated Olympian behind long-track speedskater Cindy Klassen and speedskater/cyclist Clara Hughes, who both have six.

He will have chances to win individual gold in the 500 and 1,000 metres and he'll be part of Canada's team in the 5,000 relay. **THE CANADIAN PRESS**

## Curling

### Jacobs' rink upset by Switzerland

Canada made a stuttering start to the defence of its men's Olympic curling title on Monday, following up a scrappy win over unheralded Germany with a surprise loss to Switzerland on a sobering day for the big gold-medal favourites.

By the end of opening day, Sweden was the only team 2-for-2, with wins in tough matches against the Swiss and Britain.

After becoming the first team in Canada's storied curling history to go through Olympic trials unbeaten, Brad Jacobs' rink was widely seen as the overwhelming favourites for the games.

But Canada was sloppy in beating Germany — arguably the weakest lineup in the 10-team competition — 11-8 in the morning and then was upset 5-4 by Switzerland in the evening.

It doesn't get any easier for the Jacobs and his rink from Sault Ste. Marie, Ont., — their only match on Tuesday is against Sweden in a repeat of the 2013 world championship final. The Swedes won that in Victoria in April.

**THE CANADIAN PRESS**

## Curling. Jones, Canada overcome Russia's roar

They stomped their feet and clapped their hands, and hollered all game long.

But Jennifer Jones and her steely-nerved Canadian teammates played like they couldn't hear them at all.

Amid the din of a deafening Russian crowd that never let up, the Winnipeg skip led Team Canada to a 9-2 victory over China in their opening game of the Sochi Olympics on Monday.

It was both a strong start against a tough opponent for the Canadians, and a great dress-rehearsal for when they eventually play Russia later in the Games.

"You can't really hear very well, but we'll come up with some solutions to that," said Jones, who has hand signals worked out — a hand up means stop sweeping — for when the din of the crowd threatens to drown out her directions.

The curlers struggled to be heard, but it helped that the Canadians were prepared for the crazy atmosphere.

"I don't know that they're a curling-knowledgeable crowd, and I think we saw that in Vancouver (at the Olympics) as well, so it's not really a big surprise," said Canada's second Jill Officer.

Jones and her team built a



Canada's skip Jennifer Jones yells after throwing her rock in Monday's third end against China. NATHAN DENNETTE/THE CANADIAN PRESS

3-0 advantage and then opened the gap by drawing for three in the fifth end to give Canada a 6-1 lead. Canada drew for three more before Bingyu Wang conceded in the seventh end.

"We're pretty proud of that start," Jones said. "It's our first Olympics and we came out and played really well from the first end on against a great team."

The Canadians, who next face Sweden on Tuesday afternoon, had been expecting a tough test against the Canadian-coached Chinese team, the 2009 world champion and 2010 Olympic bronze medallist.

**THE CANADIAN PRESS**

## MEDALS

Nation	G	S	B	Tot.
Canada	3	3	1	7
Netherlands	3	2	2	7
Norway	2	1	4	7
Russian Federation	1	2	3	6
United States of America	2	0	3	5

## WHAT CANADA DID

### MONDAY

#### ALPINE SKIING

**Women's Super Combined Downhill** - Marie-Michele Gagnon, Lac-Etchemin, Que., 21st (one minute, 45.39 seconds)

**Women's Super Combined Slalom** - Marie-Michele Gagnon, Lac-Etchemin, Que., DNF.

#### BIATHLON

**Men's 12.5 km Pursuit** - Nathan Smith, Calgary, 11th (34 minutes, 37.7 seconds, +49.1 seconds); Jean-Philippe Le Guellec, Shannon, Que., 26th (35:45.3); Brendan Green, Hay River, N.W.T., 35th (36:21.2)

#### CURLING

**Men's Round Robin Session 1** - Canada 11 Germany 8

**Men's Round Robin Session 2** - Switzerland 5 Canada 4

**Women's Round Robin Session 1** - Canada 9 China 2

#### FREESTYLESKIING

**Men's Moguls Qualification 1** - x-Alex Bilodeau, Montreal, 1st (24.70 points); x-Mikael Kingsbury, Deux-Montagnes, Que., 2nd (23.81); x-Marc-Antoine Gagnon, Terrebonne, Que., 5th (22.90); x-Philippe Marquis, Quebec City, 6th (22.43).

x-qualified for Final 1

**Men's Moguls Final 1** - x-Philippe Marquis, Quebec City, 2nd (24.32); x-Mikael Kingsbury, Deux-Montagnes, Que., 3rd (24.31); x-Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.45); x-Alex Bilodeau, Montreal, 8th (22.49).

x-qualified for Final 2

**Men's Moguls Final 2** - x-Mikael Kingsbury, Deux-Montagnes, Que., 1st (24.54); x-Marc-Antoine Gagnon, Terrebonne, Que., 2nd (24.16); x-Alex Bilodeau, Montreal, 3rd (23.89); Philippe Marquis, Quebec City, 9th (22.25).

x-qualified for Final 3

**Men's Moguls Final 3** - Alex Bilodeau, Montreal, 1st, **Gold Medal** (26.31); Mikael Kingsbury, Deux-Montagnes, Que., 2nd, **Silver Medal** (24.71); Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.35).

### ICE HOCKEY

**Women's Preliminary Round (Group A)** - Canada 3 Finland 0

#### LUGE

**Women's Singles Run 1 of 4** - Alex Gough, Calgary, 5th (50.464 seconds); Kimberley McRae, Calgary, 6th (50.465); Arianne Jones, Calgary, 13th (50.993)

**Women's Singles Run 2 of 4** - Alex Gough, Calgary, 5th (50.402 seconds); Kimberley McRae, Calgary, 6th (50.454); Arianne Jones, Calgary, 15th (50.837)

**Overall Ranking** - Alex Gough, Calgary, 5th (one minute 40.866 seconds, +1.052 seconds); Kimberley McRae, Calgary, T-6th (1:40.919); Arianne Jones, Calgary, 13th (1:41.830)

Runs 3 and 4 on Feb. 11

#### SHORT TRACK

**Men's 1500 m Heats - Race 4** - x-Charles Hamelin, Sainte-Julie, Que., 1st (two minutes 16.903 seconds); **Race 5** - x-Francois Hamelin, Sainte-Julie, Que., 2nd (2:13.935); **Race 6** - x-Michael Gilday, Yellowknife, N.W.T., 1st (2:16.468)

x-qualified for semifinals

**Men's 1500 m Semifinals - Race 15** - x-Francois Hamelin, Sainte-Julie, Que., 4th (two minutes 16.473 seconds); **Race 16** - Michael Gilday, Yellowknife, N.W.T., Penalty; **Race 17** - y-Charles Hamelin, Sainte-Julie, Que., 1st (2:14.480).

y-qualified for Final A; x-qualified for Final B

**Men's 1500 m Finals - Final A** - Charles Hamelin, Sainte-Julie, Que., 1st (2:14.985); **Final B** - Francois Hamelin, Sainte-Julie, Que., 2nd (2:21.592)

**Men's 1500m Final Ranking**: Charles Hamelin, Sainte-Julie, Que., 1st, **Gold Medal**; Francois Hamelin, Sainte-Julie, Que., 9th; Michael Gilday, Yellowknife, N.W.T., 17th.

**Ladies' 500 m Heats - Race 11** - x-Marianne St-Gelais, St-Felicien, Que., 1st (43.729 seconds); **Race 13** - x-Jessica Hewitt, Kamloops, B.C., 2nd (44.447); **Race 14** - x-Valerie Maltais, La Baie, Que., 1st (44.093).

x-qualified for the quarter-finals on Feb. 13

**Ladies' 3000 m Relay Semifinals** - x-Canada (Marie-Eve Drolet, Chicoutimi, Que.; Jessica Hewitt, Kamloops, B.C.; Valerie Maltais, La Baie, Que.; Marianne St-Gelais, St-Felicien, Que.), 2nd, (four minutes 8.871 seconds).

x-qualified for Final A on Feb. 18

#### SPEED SKATING

**Men's 500 m Race 1 of 2** - Gilmore Junio, Calgary, 11th (35.15 seconds); Jamie Gregg, Edmonton, (35.17); William Dutton, Humboldt, Sask., T-18th (35.278); Muncif Ouardi, Quebec City, 23rd (35.395)

**Men's 500 m Race 2 of 2** - Gilmore Junio, Calgary, 7th (35.09 seconds); Jamie Gregg, Edmonton, 8th (35.10); William Dutton, Humboldt, Sask., 11th

(35.17); Muncif Ouardi, Quebec City, 29th, (35.60).

**Men's 500 m Final Ranking**: Gilmore Junio, Calgary, 10th (70.25 seconds, +0.94 of a second); Jamie Gregg, Edmonton, 11th (70.27); William Dutton, Humboldt, Sask., 14th (70.448); Muncif Ouardi, Quebec City, 25th (70.997).

## CURLING

### MEN

#### Monday's results

Britain 7 Russia 4  
Sweden 7 Switzerland 5  
China 7 Denmark 4

**Canada 11** Germany 8

Norway 7 United States 4

Denmark 11 Russia 10

Switzerland 5 **Canada 4**

Sweden 8 Britain 4

#### Tuesday's games

**Canada** vs. Sweden, 5 a.m.

United States vs. China, 5 a.m.

Britain vs. Germany, 5 a.m.

Norway vs. Russia, 5 a.m.

### WOMEN

#### Monday's results

**Canada 9** China 2

Switzerland 7, United States 4

Sweden 6, Britain 4

Russia 7, Denmark 4

#### Tuesday, Feb. 11

Switzerland vs. Denmark, 12 a.m.

Sweden vs. **Canada**, 12 a.m.

Russia vs. United States, 12 a.m.

South Korea vs. Japan, 12 a.m.

Britain vs. United States, 10 a.m.

South Korea vs. Switzerland, 10 a.m.

Denmark vs. Japan, 10 a.m.

China vs. Russia, 10 a.m.

## HOCKEY

### PRELIMINARY ROUND

#### MEN

##### Wednesday's games

Czech Republic at Sweden, 12 p.m.

Latvia at Switzerland, 12 p.m.

#### WOMEN

##### Monday's results

United States 9 Switzerland 0

**Canada 3** Finland 0

##### Tuesday's games

Germany at Sweden, 5 a.m.

Russia at Japan, 10 a.m.



## Women's hockey. Patience guides Canada past Finland's star goalie

The story of Canada's first win in the Olympic women's hockey tournament was the shot-out-of-a-cannon enthusiasm of its rookies. The patience and perseverance of the veterans was the tale of the second.

They'd seen Noora Raty's act before. Finland's goaltender mows down a ton of rubber and can single-handedly keep her country in games against Canada and the United States.

Monday's game was scoreless deep into the third period and there was the whiff of an upset in the air.

But three-time Olympian Megan Agosta-Marciano broke the tension with a power-play goal at 9:27. Jayna Hefford, playing in her fifth Winter Games, quickly added another and Rebecca Johnston sealed the 3-0 win within a seven-minute span.

"I don't think anyone was nervous," Agosta-Marciano said. "We knew what we were doing."

"As the periods go on, she gets more confidence. We knew we needed to be patient and we needed to keep coming. Once we got that one, we got three."

Shannon Szabados earned a 14-save shutout, while Raty

1-on-6

The U.S. women's hockey team trounced Switzerland on Monday by the score 9-0.

- Amanda Kessel put an exclamation point on the win with a highlight-reel goal in which she received the puck from a centre-ice faceoff, skated over the blue-line, passed the puck to herself off the boards, circled back in front of the net and stick-handled around the Swiss goalie for the score.

stopped 39 of 42 shots in front of an announced 4,837 at Shayba Arena.

Canada and the United States, both 2-0, secured berths to the semifinals Monday. Under a new tournament format, the countries ranked in the top four in the world are in one pool and fifth through eight in the other.

Canada and the U.S. finish the round-robin against each other Wednesday in what could be a preview of the gold-medal game.

THE CANADIAN PRESS



Natalie Spooner of Canada shoots the puck wide of the net against Finnish goalie Noora Raty on Monday in Sochi. MATT SLOCUM/THE ASSOCIATED PRESS

### Snowboarding

## Olympic halfpipe course criticized

Rider after rider took a crash course Monday night on an Olympic halfpipe that looked only half ready with less than 24 hours until the start of the men's competition.

There were dozens of falls, very few big tricks and a lot of complaining during a practice session that was pushed from morning to night while workers tried to make fixes. The men's event is Tuesday, and American

Shaun White will be seeking his third straight gold medal.

"When you see every other person fall, you know something's wrong," said American Hannah Teter, who took gold in 2006 and silver four years ago. "It's a little dangerous. I've seen more people fall today than I saw all season. It's dangerous because it's crappy."

American Danny Davis labelled the halfpipe as "garbage" on Sunday. After returning Monday, he said things were slightly improved but not ideal.

THE ASSOCIATED PRESS



Team Canada captain Sidney Crosby and head coach Mike Babcock watch a drill during the team's first hockey practice at the Winter Olympics in Sochi on Monday. Jeff Carter was skating on the same line as Crosby and Chris Kunitz. NATHAN DENETTE/THE CANADIAN PRESS

# Carter rides shotgun with Crosby, Kunitz

**Men's hockey.** Team Canada auditions for right-winger on its top line during first practice in Sochi

Mike Babcock brought his book from the Vancouver Olympics to Sochi and with it the memories of how that tournament unfolded.

"Some guys started on the first line on right wing and ended up not being in the mix and other guys started not being in the mix and ended up being very important," Bab-

### Quoted

"He's going to find you and when you get the chance you've got to get it to the net."

Jeff Carter, on Team Canada teammate Sidney Crosby.

cock said.

Memo to Jeff Carter: Things can change quickly. Carter spent Team Canada's first practice as the first-line right-winger alongside Sidney Crosby and Chris Kunitz, but a handful of rushes already gave Babcock reason to pause and perhaps change his mind before opening the Olympics on Thursday against Norway.

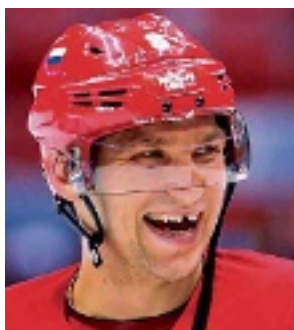
Babcock has Carter there

because he's a shooter and wants him to shoot.

"After watching him pass it back today, I didn't know for sure," Canada's coach said. "You can't pass to the net, you've got to shoot to the net. Carter shoots the puck when he gets it in L.A., we expect him to shoot the puck when he gets it here. If he's giving it back to Sid, he can't play with him."

The coveted spot as Crosby's right-hand man has been the subject of much speculation over the past several months, dating to Olympic orientation camp in Calgary in August. Steven Stamkos getting injured and then being ruled out eliminated what looked like the most logical option, but Carter seemed to fit because he's a quick right-handed shot and a pure goal-scorer.

"I think the things that stick out are his speed and his shot," Crosby said. "I don't think you have to tell him anything besides just, 'Shoot it.' He's going to get open and he's going to be able to create things with his speed." THE CANADIAN PRESS



Russian forward Alex Ovechkin. JULIE JACOBSON/THE ASSOCIATED PRESS

## Ovi in good company on home ice

A few hours after Alex Ovechkin awoke on the NHL's chartered luxury jet Monday, he was among the first Russians on the Olympic ice for practice.

Ovechkin has been waiting several years for the chance to play for gold at his home Olympics, and Russia's most fearsome goal-scorer couldn't wait another minute to get started.

"Of course it's a huge honour for me to represent my country," Ovechkin said while at the Bolshoy Ice Dome. "I'm pretty sure every athlete wants to represent his country at the Olympic games."

But almost no Winter Olympics athletes are as well-known as Ovechkin, whose tooth-deficient grin is plastered on advertisements throughout So-

chi. The Washington Capitals superstar publicly stumped for Sochi's Olympic bid in 2007, and he was the first Russian to carry the Olympic torch after it was lit in Greece last September.

He had long declared he would play in Sochi even if the NHL didn't interrupt its schedule for the games.

THE ASSOCIATED PRESS



Horoscopes

Aries

March 21 - April 20

No matter how strong your beliefs and opinions may be what happens today and tomorrow will make you question them. That's good.

Taurus

April 21 - May 21

Whatever your ambitions may be right now they will change dramatically over the next few weeks. Whatever happens you must believe that you are more than just a cog in the machine.

Gemini

May 22 - June 21

There is something you have wanted to do for a while but for some reason never got round to starting. What happens over the next few days will encourage you to get back to it.

Cancer

June 22 - July 23

The answer to your money worries will appear soon, so stay calm and act drastically. Sacrifices will have to be made but they won't cause you too much pain, so long as you use your head.

Leo

July 24 - Aug. 23

The planets are encouraging you to go with the flow and let others call the shots for a while. Being a Leo and a natural born leader that may not be easy but sometimes its good to take a back seat for a change.

Virgo

Aug. 24 - Sept. 23

It would be a mistake to take on any new tasks today - in fact Saturn warns it could be disastrous. Far from adding to your workload you should be cutting back on your chores.

Libra

Sept. 24 - Oct. 23

Done argue with people who will always see things differently to you. It takes all sorts to make a world and though that doesn't mean you have to like them it does mean you have to put up with them.

Scorpio

Oct. 24 - Nov. 22

Not everyone is as dynamic as you and you would be wise to bear that thought in mind today, especially when dealing with people who seem indecisive.

Sagittarius

Nov. 23 - Dec. 21

This is an encouraging time for you as your ability to enjoy the simple things in life returns. One sad person may try to bring you down but you don't have to listen.

Capricorn

Dec. 22 - Jan. 20

You may be tempted to do a task the hard way today, simply because you want to impress people in positions of power, but it isn't necessary. What matters is that you can get the job done, not how.

Aquarius

Jan. 21 - Feb. 19

Your head and heart are working well together right now but unfortunately some people you have to deal with are so mixed up their presence in your life is becoming a liability. So get rid of them.

Pisces

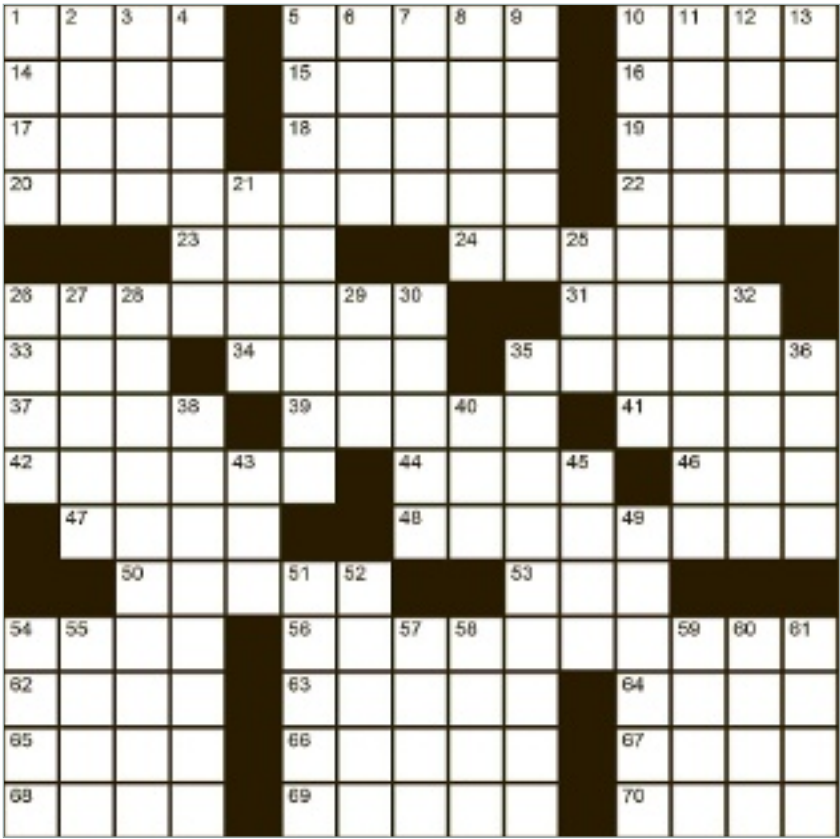
Feb. 20 - March 20

You may be tempted to act first and justify your actions later but if you do it will cost you. Today's Sun-Saturn link warns that the consequences of misguided action could be severe. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- "Get Off" band from Toronto
- Lightweight wood
- \_\_\_ missile
- Time Machine people
- Hautbois [pl.]
- Drive-\_\_\_
- 1982 Robin Williams role
- Grumpy
- Ascend
- SOCHI 2014 - Free-style Skiing event
- Wood sorrels
- Ms. Longoria
- Shorthand, shortly
- \_\_\_ House (Prince Charles' official residence)
- Chilly feeling
- Caesar's 52
- Kinks song
- King Minos, for example
- Pearson postings, puny-ly
- Left-hand page
- Ms. Hayworth
- Green-on-copper
- Spicy cuisine
- Close-mouthed
- "\_\_\_ it!"
- SOCHI 2014 - Snowboard event
- Lovely parties
- "Faster!"
- Celebrity
- SOCHI 2014 - Winter Olympics sport: 2 wds.



- Polynesian amulet
- Ravi Shankar's instrument
- 1976 mini-series, "Rich Man, \_\_\_ Man"
- Actor, Chris D'\_\_\_

- NWT's flower emblem, Mountain \_\_\_
- Pretty purse
- Demeanor
- Bakery stuff
- Blaring blah-blah

Down

- Ms. Ryan's
- Airline of Israel: 2 wds.
- Actor, Benicio Del \_\_\_
- Jacket closer

- "Soul \_\_\_": Quincy Jones composed instrumental which Canadian game show "Definition" used as its theme music
- Border on

- Particular parrot
- Markets
- Not \_\_\_ (Not so far)
- SOCHI 2014 - Faster - Higher - \_\_\_
- City in Quebec
- Sky bear
- Things to pay
- Mr. Knievel
- An \_\_\_ for music
- SOCHI 2014 - Speed skater's footwear, \_\_\_ skates
- Pre-euro moneys
- SOCHI 2014 - Snowboarding trick, \_\_\_-\_\_\_
- Cavs, on a scoreboard
- Soil
- Consume: 2 wds.
- Southern Alberta town
- Appoint
- Trans-\_\_\_ Orchestra
- \_\_\_ Na Na
- Web
- "Let me know \_\_\_ in your way." \_\_\_
- Salt's friend
- Composition
- Shave
- Flower part
- Bryan Adams' "18 \_\_\_ Die"
- Virginia willow
- Pre-Febs
- Whit
- Person, place or thing
- Gumption

Yesterday's Crossword

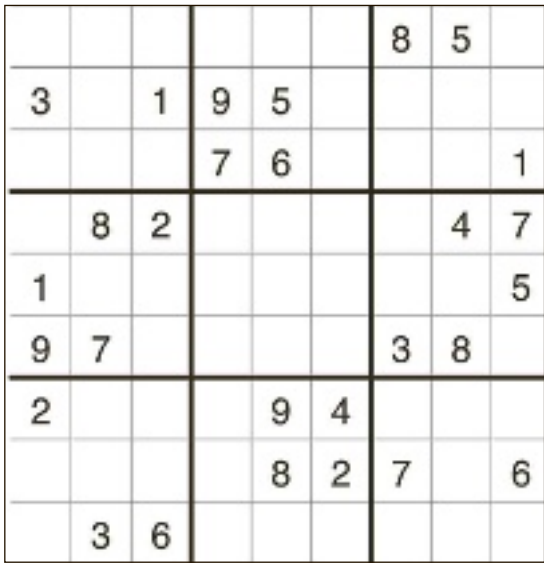


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



-12° / -22°  
Partly cloudy

Wednesday



-9° / -14°  
Mainly sunny

Know what the weather  
will be 14 days from now.  
Check the 14 day trend.

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